Cheyenne & Arapaho
TRIBAL TRIBUNE

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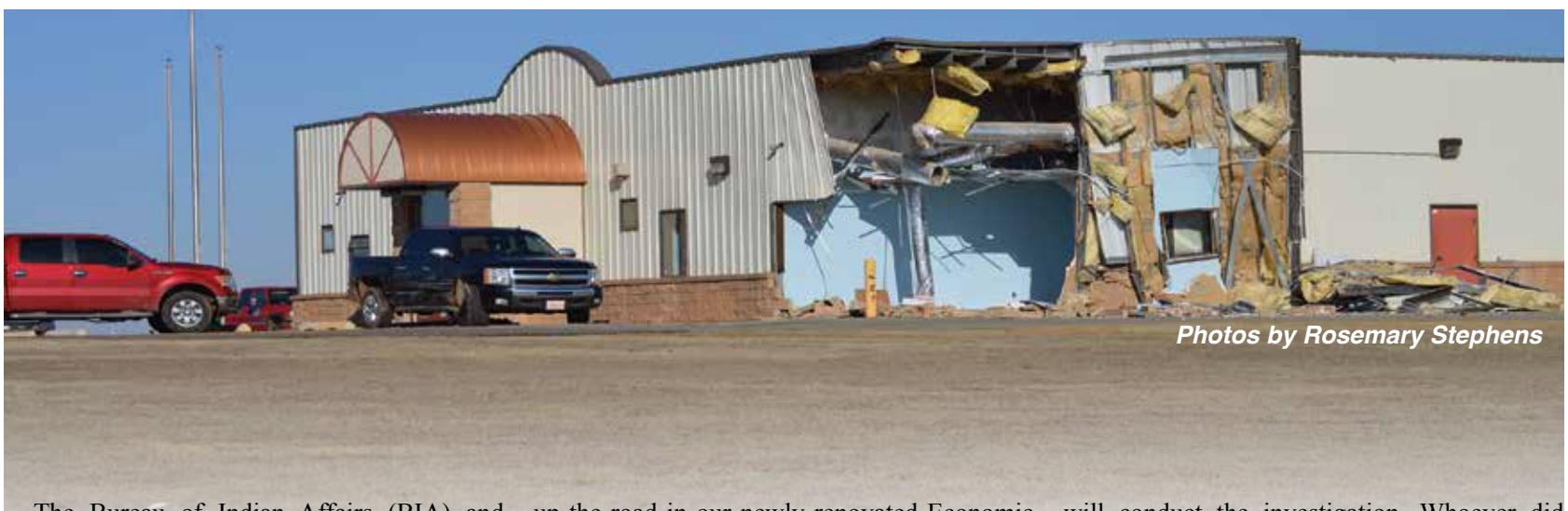
Fires set at tribes' headquarters under federal investigation

By Rosemary Stephens, Editor-in-Chief



The Bureau of Indian Affairs (BIA) and the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) have launched a full investigation into three fires set at the Cheyenne and Arapaho tribal headquarters in Concho, Okla.

At approximately 2:30 a.m., Tuesday morning Feb. 3 three separate fires broke out in three different buildings located at the tribal headquarters.

The buildings targeted were the tribal courthouse, Building One (formerly known as the Concho Agency Building for the U.S. Dept. of Interior, BIA built in 1933) and a maintenance building containing vehicles, lawn and farm equipment located directly behind the tribal courthouse.

Also being investigated is the destruction of the newly remodeled Economic Development (EC) building by a stolen tankard truck. The truck was rigged to drive through the building hitting two tribal vehicles before exiting the back of the building. The Canadian County Sheriff's office said the tankard truck had been reported stolen from a local oil site north of Concho, and recovered in a ravine behind the damaged building. The time of this incident was at approximately 3 a.m., Tuesday morning, Feb. 3.

"This cowardly act upon our tribal land won't deter us from continuing to go forward or stop us from providing services to our tribal members. It is under investigation currently with the Bureau of Indian Affairs and also the U.S. Dept. of Justice's Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF). We have no suspects at this time, but they are pursuing several leads." Cheyenne & Arapaho Governor, Eddie Hamilton said. "In addition to these three first being set, another incident took place further up the road in our newly renovated Economic Development building, which used to house our smoke shop. There was a tankard truck that was stolen from a local construction site and rigged to self-drive itself through that building. It went through the building and down the hill behind it into the field. We are also working with the BIA in viewing footage of that area from captured by surveillance cameras from the casinos."

The fire that burned the maintenance building where equipment and vehicles were housed was a total loss. The tribal courthouse fire is believed to have originated in the Attorney General's office and was put out by emergency crews before spreading throughout the courthouse. There is extensive smoke damage throughout the building.

Building One's fire is believed to have originated in the newspaper office, and being extinguished by emergency fire crews before spreading throughout the building. The newspaper office sustained major damage, and the building suffered heavy smoke damage.

All three fires are being treated as arson.

"We are extremely relieved that no one was hurt during these attacks," Hamilton said. "We are here for our people and for our clients that come out to enjoy our casinos. We are stepping up security to have more staff here and installing additional surveillance cameras. The federal agencies will conduct the investigation. Whoever did this, right now they would be looking at a being charged with arson, destruction of property and the list will increase from there."

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Top: Photo of the newly renovated portion of the Economic Development building the day after a tankard truck was rigged to drive through the building.

Left: The Cheyenne & Arapaho Tribal Tribune newspaper office sustained major damage from the fire.

Below: The maintenance building housing farm and lawn equipment and vehicles was a total loss.

Tribes launch anti-meth campaign

METH –Not On Our Land

By Rosemary Stephens, Editor-in-Chief

Photo by Rosemary Stephens

Bureau of Indian Affairs officer, Mark Cody and Cheyenne & Arapaho tribes Governor, Eddie Hamilton join hands in their effort to fight methamphetamine abuse in Indian Country.

If only letting go of the meth addiction was as easy as letting go of a balloon.

On Jan. 29, 2015, the Cheyenne & Arapaho tribes launched the beginning of their anti-meth campaign entitled, "METH-Not On Our Land."

Collaboration between law enforcement, local communities and the tribes will help build a strong and unified team in addressing and combatting the growing meth epidemic.

"Statistics over the past few years show Oklahoma among the nation's leader in meth labs, arrests, addiction, as well as child abuse cases and domestic violence stemming from meth use; and our Native American community is no exception. We have the highest rate of addiction among all ethnic races. And that is why, as leaders of this tribe, we have declared, not on our watch and not on our land," Cheyenne & Arapaho Governor, Eddie Hamilton, said in his opening remarks from the podium. "I urge all of our tribal members, communities, government agencies, businesses and schools to join our efforts in raising awareness about the dangers of this drug and leading those who have fallen victim to this deadly drug, to the resources they need to get a new start. This is a cause that we must stand together and conquer as a Nation. Which is why I'm proud to have a wonderful committee dedicated to leading the charge in this war on meth."

According to a November 2006 report by the National Congress of American Indians (NCAI) that reads, "Methamphetamine is an American problem, infiltrating and devastating our communities throughout the United States. Unfortunately, however, this drug has disproportionately devastated Native American Tribal communities. Mexican drug cartels have been purposefully targeting rural Native American Reservations, both for the sale of meth and as distribution hubs (over 70 percent of meth is now estimated to be smuggled from Mexico). Native Americans now experience the highest meth usage rates of any ethnic group in the nation. Some of the reasons drug cartels have targeted Native communities are the complex nature of criminal jurisdiction on Indian reservations, and because Tribal governmental police forces have been historically under funded and understaffed."

Guest speaker, Joe Sayerwinnie knows firsthand about addiction to meth and shares his story, he said, in hopes of helping one person not go through what he has gone through.

"Meth, you get addicted to it instantly because it becomes an instant high. I would go days without eating because I would rather get high than eat or anything else. I couldn't focus, I couldn't hold down a job. Methamphetamines destroyed everything … pretty much it destroyed my life. It took everything

See **Meth campaign** *pg. 6*

Artist shares his passion for street art

By Rosemary Stephens, Editor-in-Chief

Steven Grounds, an employee of the Cheyenne & Arapaho tribes is painting a mural on the side of one of the buildings located at the tribes' headquarters. He said it is his way of giving something back to the people of the tribes.

Surrounded by cans of aerosol paint, Steven Grounds moves side to side, up and down, spraying reds, greens, yellows and grays. When he steps back, one can see the same vision he sees in his mind.

His art, street art; and the larger the mural the more he loves to paint.

"I was raised in Stillwater, Oklahoma, so there wasn't like a big art scene there, but I had never experience anything like the experience I had when I moved out to Phoenix and seen the murals the street artists were doing. That's whenever I realized my art was what I wanted to do for real from here on out because it was incredible. Some of the greatest art in the world; in my opinion," Grounds said.

Grounds, (Seminole, Navajo, Creek and Euchee) has been creating art his whole life, but said he didn't focus 100 percent on his art until 2008 when he turned 30 years old.

"I just self-taught myself techniques from then on. I researched on my own, teaching myself how to use acrylic paint, how to use all the different textures, colors, understanding color, layout, design and eventually I decided I wanted to do large scale. I was drawn back to my art naturally because it's always been a part of me, even as a kid. I wanted to see how far I could go with it and what level I can take my art to. A lot of the guys I really looked up to on the west coast inspired me to get back into my art," he said.

Grounds sees an opportunity in the Native art world to embrace this relatively new art form in comparison to the other older renowned art forms that are more acceptable in the galleries.

"I am coming from the grass roots beginning, it's going to become more important to embrace the whole street culture. I would like to be able to paint with the bigger names out there and I am more partial to the west coast because there is a whole opportunity out there. When I lived in Phoenix, the guys and girls out there are radically changing the art world and radically pushing the art form so much so that it is now considered fine art," Grounds said. "Street art is on the cutting edge. I only know a few Native American street artists and I do know there are not that many, which makes it more important for me to continue to develop and continue doing what I do in this specific median because there isn't a whole lot of Native artists doing that type of art. It's going to be like having the chance to open up this whole new world for Native artists."

Grounds recently was commissioned to paint a wall mural for the Otoe Missouri tribe, and with the paint he had left over from that project decided he wanted to do a Cheyenne and Arapaho mural for the people at Concho.

"I have been working for the Cheyenne and Arapaho tribes for about two years now and I wanted to do a public art piece to give back to the people here. First I got permission to do the piece, I tried to explain what I wanted to do but its not the same as showing someone what I do because there might be some preconceived ideas about street art or something painted on the side of a wall," Grounds said.

He said he had just finished up the mural for the Otoe tribe and with the paint left over, it seemed to be the right timing to begin a mural in Concho.

"I use aerosol spray paint and the type of paint I use isn't sold in Oklahoma. I have to travel out of state to get the paint. I went and painted the famous graffiti wall in Austin back in October and they had the paint I use there, which is Montana Gold and Montana Black, the highest grade of aerosol spray paint there is. I traveled to Overland, Kansas to a store there that carries the paint and I went and bought as much paint as I could off of my commission from the Otoe mural and I am using the residual from that to paint the Concho mural," Grounds said.

He said the mural he is creating at the tribal complex is a representation of the people there, "It's not like I can necessarily take one portrait and say this is an accurate representation of everybody but there was several photos lifted off a website that has these beautiful photographs from the late 1800s that I could tell would be a really good mural. They are all real people from the tribes that really existed and I liked the idea of doing a public piece that represents the people here and its actually people who really lived."

Submitted photos

Above, Steven Grounds finishes up a wall mural for the Otoe Missouri tribe. Below, Otoe Missouri Tribal Youth Program Director, James Black, stands with Steven Grounds in front of the completed mural.

Grounds said he would like to take his art to the highest level he can in the street art world and looks at every mural he paints as a good opportunity to do public art where there normally wouldn't be any.

He is hoping to do a live painting during the Muscogee Creek Nation Festival, June 25-28, 2015 in Muskogee, Okla.

"I am looking into doing a live painting at the Creek festival in June this year and I know that the majority of the people over that way have never seen any art like this done with aerosol spray. It is such a visceral experience when someone is standing there right in front of you and creating a piece of art and I have already experienced that in Austin, people sitting there watching as you work and it's a really cool feeling … there are a lot of opportunities I want to pursue," Grounds said. "At the end of the day I will ask myself, did you leave your mark on this world and did you do something positive for the people … that's kind of why I do this."

Confusion surrounds special Tribal Council meeting in Concho

By Rosemary Stephens, Editor-in-Chief

The special Tribal Council meeting held Saturday, Feb. 7, 2015 at the Concho Community Center in Concho, Okla., was held despite any official agenda being presented nor previously published.

In accordance with the Cheyenne & Arapaho Tribes' Constitution, Article V, Section 3 (c) *The Coordinator of the Office of Tribal Council shall provide notice of all Regular Meetings and Special Meetings of the Tribal Council at least 15 days before such Meeting.*

The Constitution does not address who shall publish the required 15-day notice in the event the coordinator's position is vacant.

The Feb. 7 meeting was set during the Dec. 6, 2014 special Tribal Council meeting in order to elect a new Tribal Council Coordinator, following the removal of sitting coordinator, Pete Salinas. Salinas was removed by a majority vote of 173 for, 84 against and 10 abstaining, during the Dec. 6 meeting.

The three new Tribal Council Coordinator candidates present at the Feb. 7 meeting were LaRenda Morgan, Sarah Pedro and Jennifer Wilkinson. Their candidacies were published 30 days prior to the Feb. 7 meeting in accordance to the Constitution, Article V; Section 5 (a) *An Office of the Tribal Council is hereby established. A Coordinator for the Office of the Tribal Council shall be selected by the Tribal Council at the Annual Meeting of the Tribal Council or at a Special Meeting of the Tribal Council as needed. Members of the Tribes interested in serving in the position of Coordinator shall submit an application at least thirty days prior to the Tribal Council Meeting. All applications for Coordinator shall be published at least thirty days prior to the Tribal Council Meeting,* (b) *The Coordinator shall serve in accordance with terms and conditions established by the Tribal Council.*

Tribal members arriving at the meeting had to wait on a sign-in sheet. With no one to orchestrate the meeting, Roberta (Bobbie) Hamilton stepped up to the microphone and began roll call. The required 75-member quorum was reached at 10:39 a.m.

Hamilton announced, "this is a continued meeting from Dec. 6 and we need the chairperson, and secretary from that meeting to come forward."

Neither were present at the time of her announcement, raising questions of whether the Feb. 7 meeting was a "continued meeting" or a "new meeting".

Jane Nightwalker made a motion to elect a new chairperson, the motion was seconded and nominations for chairperson were opened on the floor.

Darrell Flyingman nominated Bobbie Hamilton. Trisha Lime nominated Connie Hart Yellowman.

Hamilton was elected chairperson, receiving 79 votes. Yellowman received 12.

Hamilton opened the floor for secretary nominations. Flyingman nominated Sarah Pedro. There were no other nominations for secretary; therefore Pedro was elected secretary by acclamation.

Hamilton asked for the official agenda for the meeting, however, one was not presented. Confusion set in as Pedro went to see if an agenda was posted on the board in the front entrance of the Concho Community Center. She relayed that there was not.

During the mayhem, Bobbie Cruz made a motion on the floor to reinstate former Tribal Council Coordinator Pete Salinas. Judy Wilson seconded the motion.

Hamilton conducted a vote to reinstate Salinas. The vote passed with 62 for, 39 against and 9 abstaining.

There were several tribal members who objected to this voting, claiming the meeting should have been called based on not having an official published agenda, and they walked out of the meeting before the vote.

Other tribal members voiced their objections to the vote due to not being counted during the vote, and they too left the meeting.

Immediately following the vote a motion was made on the floor to adjourn, seconded, and Hamilton adjourned the meeting.

It is unknown whether any of the three candidates who were running for Tribal Council Coordinator at the Feb. 7 meeting will file a complaint in Tribal Court.

A complaint was previously filed against the Dec. 6, 2014 special Tribal Council meeting, but no hearing date has been set for that complaint.

A Note From the Editor

Press deadline is always a crazy, hectic time in the newspaper office, but this press deadline, even more so than usual.

As many of you know, the Tribal Tribune newspaper office was one of the offices that suffered major damage due to the fires that occurred on Feb. 3. We lost a lot of equipment, computers, digital files and personal affects.

The most important thing, first and foremost, was no one was hurt or killed.

Since the fire I have been overwhelmed by the generosity of so many people who have sent words of encouragement, condolences, and the many, many offers received to assist in continuing to get the newspaper published.

I want to thank everyone who have called, sent emails and texts for your kind words and support.

I would like to especially thank several organizations/people. First, the Native American Journalists Association, specifically President Mary Hudetz and Rebecca Landsberry for their generous offer to allow the Tribal Tribune to use their facilities located at the University of Oklahoma.

In the fire I personally lost all of the National Native American Media Awards presented to me over the years for stories published in the Tribal Tribune ... these items were the only ones that tore at my heart. But thanks to the kindness and generosity of NAJA staff members, NAJA has offered to replace those media awards ... there are no words to say how grateful and thankful I am for this act of kindness.

Thank you to the El Reno Tribune, Ray Dyer, for offering us office space to utilize, the Yukon Review, who called to offer their support and to Lindsay Web Press, who has always worked with me in getting our paper out on the streets on time, no matter how late I am on press deadline, but who has stepped up during this time and offered to help in other ways above and beyond what they are contracted for.

I also want to thank the Tribal Administration for their support in rebuilding the newspaper office.

During this reconstruction time, the Tribal Tribune staff will be "mobile" so to speak, however, for all the tribal members who would usually stop in to hand deliver your birthdays, anniversaries, and other submissions, please continue to bring your submissions. You may leave them with the front desk receptionist, located at the main building, to be placed in the Tribal Tribune mailbox, where I will be sure to receive them. Please remember to leave a mailing address so that I can return your photos to you.

Finally, I would like to inform you that Rebecka Lyman is no longer with the Tribal Tribune, her last day was Jan. 30. Rebecka came on board in June 2010, hitting the road running. She has won numerous media awards for the Tribal Tribune during her time here, and has brought in thousands of dollars of advertising revenue.

Rebecka is beginning a new adventure with Devon Energy and I know many of you will miss her, as I will, but I hope you will join me in wishing her all the best.

The newspaper will continue to be published during the rebuilding of offices and I look forward to having many visits from you when the new office is opened and ready to go.

Rosemary Stephens, Editor-in-Chief

Grant funding for buffalo herd

The Cheyenne and Arapaho PG&C Office in conjunction with Economic Development Farm & Ranch Program will be requesting grant funding from the Department of Health & Human Services, Administration for Native Americans, Social and Economic Development Strategies-SEDS for the Buffalo Herd Program. This community based grant will insure the continuation of the tribal buffalo herd through planning and management. The grant also will include a three-year study for two families participating in a diabetes wellness study to monitor the effects of a buffalo meat diet provided by the grant. The grant includes a market study to sell the meat, skulls, and hides, which will be used to generate revenue for the Buffalo Herd Program. There will be several community meetings to discuss the goals and objectives at Concho and Canton, which will be the primary areas of the grant. Surveys will be distributed to collect data for grant purposes. Time and dates of community meetings will be posted at each community center, Cheyenne & Arapaho Facebook page(s), Cheyenne & Arapaho Tribal Tribune, and The Watonga Republican.

The first meeting will be held 10 a.m.-2 p.m., Thursday, Feb. 19, 2015 at the Native American Church building in Concho, Okla. All tribal members are invited to attend and hear what is planned for the buffalo herds and a diabetes study of buffalo meat provided by the grant.

CALL FOR HIGH SCHOOL VALEDICTORIANS or SALUTATORIANS

This is a call for information of selected high school valedictorians and salutatorians.

Please contact our office if your student has received one of the listed honors for high school graduation. You may email wwhiteman@c-a-tribes.org, or call (405) 422-7560, (405) 422-7653, (405) 422-7439 or (405) 422-7646.

A special award will be made to these honored students at the annual Cheyenne and Arapaho Graduation Banquet. Date and site of the graduation banquet will be announced soon.

Friends and Family of high school graduates, please relay this information to those who reside outside of Oklahoma state and those who may not receive our tribal newspaper. Thank you.

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Cheyenne and Arapaho Higher Education Program offers high school services

Cheyenne-Arapaho Education Department/Services available for high school students who are enrolled Cheyenne-Arapaho tribal members. Student tribal roll numbers must be written on each gaming application and CDIB's provided, along with supporting documentation for each request.

ACT/SAT Fees

We can pay one ACT/SAT test fee per year for high school students who are tribal members. Students should send in their completed original ACT test packet/applications, along with a CDIB and an Education Gaming application. Our office will request a check, which will take approximately two weeks. Students should send the packets in within 3-4 weeks ahead of the deadline in order to have enough time to get proper signatures and process the requests. The application, front and back of envelope, must be filled out completely so we simply insert the check. We cannot pay late registration fees. Students can also ask their high school counselor if they are eligible for a fee waiver. Students who receive free or reduced meals may be eligible for two free ACT tests through their school.

Concurrent Enrollment

High school seniors who are tribal members, and who have enough hours to graduate from high school and honor students, may take college courses through their local college, if approved through academic counselor. Our Education Department may assist with fees and books if the state will not pay for them. Students must send a gaming application, personal letter, high school counselor letter, copy of high school transcript, CDIB, class schedule, and books cost. Most tuition can be paid through the Oklahoma State Department of Education funds. Students must first be approved through their high school counselor.

Senior Expense Allowance

High school seniors can receive up to $100 graduation expense (cap/gown, announcements, fees, pictures, etc.), which will be mailed directly to the vendor. Students need to send a letter from a school official stating they have enough credit hours to graduate; a copy of the order form for the senior expense with the vendor address; a CDIB for proof of tribal roll number, and a completed education gaming application. Priority will be for cap-gown/announcements. High school seniors should contact JOM committees for additional assistance. Checks will be made out to the vendor. Funds are available for those students who could not otherwise afford the expense. No parental reimbursements will be made.

Oklahoma's Promise (OHLAP) okpromise@osrhe.edu

The Education Department will award a $75 one time incentive award to students who were accepted into Oklahoma's Promise Program and will pay a cash award each semester for satisfactory GPA. The school counselor has applications; contact our office for a CASP (Cheyenne and Arapaho Scholars) application. Students on the OHLAP Program, who remain in good academic standing throughout high school, may be eligible to receive up to five years of paid tuition for attendance at state-funded college/university, or vo-tech, through the OK State Dept of Education. Call Wanda Whiteman at (4050 422-7560 for information or email wwhiteman@c-a-tribes.org. For written correspondence write to the Cheyenne and Arapaho Dept. of Education, c/o Wanda Whiteman, PO Box 167, Concho, OK 73022.

College Prep Workshops

Workshops are held throughout both semesters and may be held on fall or spring break. The Education Department may offer a one-day college prep workshop at various sites. The annual graduation banquet will be held for high school and college graduates each year in late April or early May. Site will be determined and announced. College graduates will receive an incentive award from Higher Education after a copy of their transcript, with degree conferred, has been received in our office. Graduates should ask their school counselor to send a letter of verification that they have met all requirements and are eligible to graduate. Graduates should also send a completed Gaming application and a CDIB. Once all documents have been received in our office, the student can then be placed on our list of graduates to be invited to the graduation banquet. Graduates may bring two guests to the banquet.

The gaming application can be printed on the tribal website, www.c-a-tribes.org/department of education. For more information contact Wanda Whiteman at (405) 422-7560 or by email, wwhiteman@c-a-tribes.org.

Summer food program feeds hungry children during summer months

Submitted photo

Bill Ludwig, USDA Southwest Regional administrator speaks at partner meeting on Jan. 28, 2015.

OKLAHOMA CITY—Hunger among Oklahoma's schoolchildren doesn't end when the school year ends. The United States Department of Agriculture and local community organizations are trying to change that.

The USDA's Food and Nutrition Service hosted collaborative meetings last week with Native American tribal organizations and the State Department of Education, respectively. Community partners and organizations met to discuss the Summer Food Service Program, which provides children 18 years and younger with nutritious meals when school is not in session. The program reimburses community sponsors including churches, boys and girls clubs, and recreational centers that provide and serve meals to hungry children during the summer months.

The Summer Food Service program served 1.7 million meals in Oklahoma in 2014, up more than 30 percent from 2013. Before 2014, Oklahoma had the lowest participation rate of eligible children who received a meal through the program, due in large part to the abundance of rural communities in the state.

"If we were to serve every child that would qualify throughout the summer, we would be serving about 24 million meals instead of 1 million meals," Joanie Hildebrand, State Department of Education Assistant State Superintendent of Child Nutrition Programs, said.

Although poverty is often thought of as more prevalent in urban areas, USDA Southwest Regional Administrator Bill Ludwig said there are several issues that come with living in a rural area. He said where he grew up in Louisiana, the closest Walmart was 25 miles away. Although his hometown had a small grocery store, prices were higher and produce was not as fresh as it would be in a larger grocery store.

"When living in a rural area, you may not have access to as many grocery stores or mass transit systems as you would in a larger suburban or urban setting," Ludwig said. "It could cost you more to buy your food or to go and get your food."

Another issue more prevalent in rural areas is if, when and where students congregate during the summer. With the closest neighbors sometimes up to a mile away, it has proven difficult to reach these children and bring them to the sites where the meals are being served during the summer.

Hildebrand said that 61 percent of the state's school enrollment is receiving free and reduced lunch during the school year, and she has seen it affect their academic lives.

"If children aren't being fed in the summer, they are ill prepared when school starts back up in August," she said. "They're thinking about their food and security instead of English and reading and math and science. That need has to be taken care of before they can learn."

Not only is Oklahoma one of the hungriest states in the nation, it is also one of the most obese. Contrary to what some might think, these statistics go hand in hand.

Because of the connection between hunger and obesity rates, all of the USDA's programs have nutrition standards, and Ludwig said many schools even go above and beyond those requirements, serving meals healthier than what the USDA requires.

Partners in attendance at the meeting on Thursday included the Oklahoma State Department of Education, Oklahoma City Public Schools, Tulsa Public Schools, Feed the Children, the Regional Food Bank of Oklahoma, the Community Food Bank of Eastern Oklahoma, Girl Scouts of Western Oklahoma, Dairy MAX and more. Partners and attendees shared ideas for growing the coalition and the program to reach more families and children.

"We have been able to glean a ton of ideas about how to do more outreach and how to do better outreach," Hildebrand said.

The USDA and collaborating partners hope to build off the significant increase and success from 2014.

"My goal with the State Department of Education is to have another 30 percent increase in meals served, and to make sure there is a summer feeding site in every county in the state," Hildebrand said.

While Oklahoma is currently ranked 51st in the nation in childhood hunger, behind all 50 states and the District of Columbia, Ludwig hopes that will change in 2015.

For more information on eligibility or ways to get involved and help with the program, contact Oklahoma State Department of Education Summer Program Coordinator Jody Jindra at (405) 522-5043.

Submitted photos

Each Head Start center had a team of five members that were assigned the task of building a bridge out of newspapers and masking tape and not being allowed to talk to each other. This team building exercise focused on the Head Start staff team's ability to work together as a team on a particular assigned task without being able to use any verbal communication. The newspaper bridge had to be a free standing bridge, and have the ability to support the weight of a brick.

Head Start employees attend staff development meeting

(Concho, OK)-On Jan. 30, 2015, the Cheyenne and Arapaho Head Start Program began the 2015 New Year by having an "All Staff Meeting" at the Cheyenne and Arapaho Community Center.

The meeting focused primarily on staff development, classroom management, and team-building. Approximately 37 head start staff members from all three head start centers attended the meeting.

Head Start related training presentations were conducted by the Cheyenne and Arapaho Head Start management staff. The Classroom Transitioning Activities for Children was presented by Ramona Hayes, Education Manager; Positive Family Engagement and Communication Skills was presented by Benita Bear, Family Services and Community Partnership Manager; and Child and Adult Care Food Program (CACFP) Rules and Regulations-Flu Season issues was presented by Pam Sutton, Health, Nutrition and Disabilities manager.

In addition, Colette Berg, Cheyenne and Arapaho Head Start Program director spoke briefly about the importance of each head start staff member and how their everyday head start positions positively impact the children and the families they serve. on School Readiness Goals, Priority Academic Student Skills (PASS) Standards for Pre-Kindergarten, the Pre-K and Kindergarten basic assessments, as well as, requirements of the local public schools in each community.

Ramona Wahpepah, Head Start consultant, led the Head Start staff in a team building activity. Each Head Start center had a team which consisted of five members that were assigned the task of building a bridge out of newspapers and masking tape and not being allowed to talk to each other. This team building exercise focused on the Head Start staff team's ability to work together as a team on a particular assigned task without being able to use any verbal communication.

The newspaper bridge had to be a free standing bridge, and have the ability to support the weight of a brick. The team with the longest free-standing bridge that could support the brick was the winner. The newspaper bridge winner received Lake Shore classroom supplies and materials.

The team building training activity made each Head Start team realize the importance of communication and working together as a team.

Overall the all staff meeting was very successful and productive. The Cheyenne and Arapaho Head Start staff appeared to enjoy all of the staff development presentations and spending time together.

The meeting ended with a light lunch.

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Anthony Juan Fletcher
Antionette Renee Hadley
Ashley Elizabeth Smoker
Ashley Lynn Whiteshield
Aslin Nicole Russell
Autumn Michelle Harrington
Baby Girl Orange
Benjamin Franklin Buffalo Jr
Berta Ann Williams
Bill Russel Reed
Bobby Ray Wood
Brian Joseph Christy
Brooklyn Flying Out
Byron Allen Lefthand
Cabrion R Milton
Carl William Mandigo
Carlos Delano Lefthand
Carmelita Turtle
Chad Malcolm Husby
Charlene Marie Mckernan
Charles F Yellow Eyes
Charles William Moore
Chelsea Lynn Nuckolls
Cheyenne Rey DeLair
Christian Cheyenne Black
Christian Jan Starr
Christopher Anthony Burnham
Clarissa Ranea Peters
Colby Walker Auld
Cory David Briggs
Dake Black
Dakota Paul Fast Horse
Daniel John Blackowl
Darla Lea Anne Doyel
David Alan Barnes
Dennis Gene Douglas
Denzel Sugar Ray Chism
Dylan Alexander Fast Horse
Elana Joyce Key
Emma Rose Red Hat
Eric Daniels Minnis
Erica Nicol Standing Water
Eugene Chips
Evadonna Sierra Robles
Florence Pauline Williams
Frances M Koen
Frank Lee Wapp
Franklin Delano Lefthand
Frederich Eugene Curtis
Gabrielle Kay Nuckolls
Gary Dale Christy
Gayla Elizabeth Pavon
Geraldine M Cerasani
Gerri Gale Rahimi
Gil Lane Moynihan
Gregg Cody Ray Bull
Guy White Shirt
Harold Arthur Grass
Heather Rose Crow
Helidoro Perez Chavez Jr
Henry L Little Bird Jr
Irene Hill
Jack Daniel Hare
Jacob Michael Reckling
Jacqueling Caddell
James Monty Miller
Jason John Kinslow
Jeffrey Alan Hunt
Jeffrey Jay Newsome
Jeffrey Yellow Eyes
Jennifer Jackson
Jennifer Esther Lee Tolbert
Jiles Allen Harden
Joannie Sue Riddle
John Michael Crockett
Jon Harjo II
Jordan Cody Washee
Joseph Neil McDaniel
Joshua Alan Daniel
Josiah David Decker
Karin Lee Hawk
Kathleen McPherson
Kavika K Kaaloa
Kayla Marie Standing Water
Kent Douglas Flowers
Kevin Francis Williams
Kimberly Michelle Grant
La Rue Ann Wells
Laura Anne Caperton
Lawrence Henry Kiper
Leland Michael Pryor
Lesley Ann Moore
Leslie Lynn Shorteeth
Lindsey Nathaniel Rae Coyote
Loren Wesley Van Kirk
Louis Koen
Lucia Veronica Falcon
Marci Dee Fairchild
Maria Christine Rippetoe
Martha Gayle Tenorio
Martha Gretchen Salazar
Marty Joe Lawless
Mason Alexander Reed
Maya Elizabeth Decker
Megan K Kaaloa
Melanie Dawn Webb
Melvin Zwirtz
Michael J Bunyard
Michael Jerod North
Michael John Gawhega
Michael Ray Cox
Michael Scott Burgett
Misty Dawn Gray
Mitchell Ray Gonzalez Jr
Myrcine B North
Nahum Shawn Orange
Nathan Scott Billings
Nelson Ross Curtis
Pamela Joyce Balderas
Paul Elliott Flores
Paul Matthew Friday
Paul Richard Gilbert
Ralph Fletcher
Regina Marie Curtis
Richard Vaughn Pewo
Rivers McKenzie
Robert Lee Godfrey
Ronald Gene Fulsom
Ruth Ann Sioux
Samuel Wolf Chief
Samuel Ray Everett
Sandy Hawk
Saphire Noel Hughes
Seanna Sue Longoria
Serene Renee Hoof
Shawn Felicia Risingbear
Shawn Kristina Rowlodge
Shay Ladawn Pickens
Shelby Lynn Hawk
Steven Wayne Dubose
Susan Nellie Hawk
Thamar Anna White
Thomas Rabbit
Thomas Francis Reame Mertzig
Timothy James Everett
Tissoyo Osage Davis
Tyson Lee Davis
Victor Santiago Camacho
Victoria Patricia Begay
Waltsie Helen Sioux
Wesley William Zarsky
William Cody Mack
Wiliam Joseph White Shield Jr
Zachary Wade Doyel

Attention Tribal Members: If your name is listed below, The Per Capita Office has your **2014 August Gaming Per Cap Check**. We need you to complete a current Change of Address form and W9 at Department of Enrollment so that your 2014 August check can be sent to the appropriate address. If you fail to do this by Aug.15, 2015, you will not be able to claim the 2014 August Gaming check.

For any additional assistance, please contact Per Capita Office at (405) 262-0345 ext. 27725 or toll free (800) 247-4612 ext. 27725 or questions on Change of Address forms contact Department of Enrollment at (405) 262-0345 ext. 27600 or toll free (800) 247-4612 ext. 27600.

Please turn in a Change of Address form and W9 by Aug. 15, 2015 to the Department of Enrollment.

Aaron Sauts Mata
Alice Renae Pollock
Araina Rozanne Culbertson
Arness Lavell Daniels
Arthur Robert G Rowlodge
Barbara Jean Love
Brian Richard Chavis
Briana Christine Vardell
Capacine Doreen Watan-Cleek
Dallian Alyssa Thunderbull
Darin Ross Pawpa
Delbert H Nowlin
Derek Ramsey Pickens
Edward Anthony Junker
Eric Michael Newsome
Fabian Hutchinson
Felipe De Jesus Mendoza Jr
Freddie Nino Loneman
Frederick Eman Parton Jr
Garfield Magpie
Gary D Meat
Gary Warren Gray Jr
Gary Wayne Parker
Gayla Christine Straight
Geneva Lynn Rosales
George Harrington
Graham Edward Denton
Heather Janelle Addison
Holly Ann Long Warrior
Ingela V S Luedemann
Jacqueline A Welsh
James Walter Swallow
Jason Everett Todd
Jason William Easley
Jeri L Meyers
Jewell Beth Hunt
Joseph Dwight Lime
Joseph Thomas Hoof Jr
Joshua Alan Daniel
Juanita Anna Romano
Justin Roy Dunn
Justin Stewart Burgett
K Cheyenne Welbourne
Kyle Logan Ceary Haverstrom
Lakynn Jade Jeppeson
Landon L Quick
Lanny John McLaughlin Jr
Levi Patrick Bearbow
Marguerite Sue Spottedcorn
Marlita Alexus Sleeper
Martha Rosales
Matthew Sterling Keonao Youngbird
Melissa Lynn Johnson
Melissa Rene Lime
Mewissa Jessica Rivas Beale
Michael Pete Melendez
Mildred Cedartree
Milton Levi Morton Jr
Miranda Deann Vardell
Mitchell Ray Gonzales Jr
Quinn Lynn Yellow Eyes
Rebecce Leann Loper
Rebekah E Bedoka
Richard Goodbear IV
Rustin B Reynolds
Sean Terrence Meat
Selena Rosaylie Vendiola
Shenandoah James Wood
Shirley Monique Anderson
Sky Lynn Jones
Taylor Francis Brown
Thomas J Mitchell Jr
Tierra Rasheen Hicks
Timothy Nelson Wolfchief
Vanessa Rae Landa
Vermon Tyrone Moore
Walter Richard West Jr
William Wilfred York

Attention Tribal Members: If your name is listed below, the Per Capita Office has your 2014 December Minerals Per Cap Check. We need you to complete a Change of Address form and W9 at Department of Enrollment so that your 2014 December check can be sent to the appropriate address. You have one year to claim the 2014 Minerals Per Capita check.

If your minor child has not received their 2014 December Minerals Per Capita check or for any additional assistance, please contact the Per Capita Office at (405) 262-0345 ext. 27725 or (800) 247-4612 ext. 27725 or questions on the Change of Address forms, please contact Department of Enrollment at (405) 262-0345 ext. 27600 or (800) 247-4612 ext. 27600.

Please turn in a Change of Address form and W9 as soon as possible to the Department of Enrollment.

Adrian Ronald Conneywerdy
Angela Basurto
Arlen Rhoads
Ataloa Pratt
Barbara Santiestaban
Belinda Mae Whiteman
Betty Rexroat
Billy Limpy
Billy Warden
Brandy Barrow
Brodie C Woolworth
Cabrion Milton
Carin Mitchell
Carrie Fisher
Carrie Lynn Tennison
Carrol Ann Harris
Chebon S Bass
Chris Eyre
Christina Basurto
Courtney Suzanne Jonas
Daisy Letisha Mclaaughlin
Dakota Cheyenne Bearshield
Dakota Dodge
Delbert Harold Nowlin
Delilah M Norwood
Dennis James Bushyhead
Derek J Rice
Derek Pickens
Desiree J Michalosky
Diana Rosales
Donald Bull
Dorothy C Inoa
Edith Turner
Edward Birdshead
Eric Alan Bird
Erica Lee Lopez
Erin Ashley Magpie
Ethan Smoker
Fabian Hutchinson
Garfield Magpie
Gary W Gray Jr
Gladys King
Hailman White Tail Jr
Harry D Kihega
Jacqueline A Welsh
Jaren M Stennerson
Jason E Todd
Jason McKeaigg Jr
Jean A Dunn
Jeffrey Jay Newsome
Jennifer Lee Nicholson
John Robert Decker
Jonathan Dana Addison
Joshua James Martin
Josiah David Decker
Julia Doris Hare
Justin Roy Dunn
K Cheyenne Welbourne
Kathryn Cometsevah
Lanny John Mclaughlin Jr
Leighanna G Perrin
Leo Haag
Lowell Nelson Bunch
Mariam Jean Barrow
Martha Rosales
Mary Evelyn Boyles
Matthew Sterling Keonoa Youngbird
Michael A Wheeler
Michael Gabriel Howlingcrane
Michael Gulley
Michael Richard Spencer
Michael Werk
Miranda Deann Vardell
Nichole White Eagle
Patrick M Bee
Paul R Johnson
Perry Blackwolf
Quinn Yelloweyes
Rebecca Leann Loper
Richard Allen Botts
Ricky J Loneman
Samuel G Fletcher
Saphire Hughes
Sasha Flores
Schyler Ray Roman
Shenandoah James Wood
Sidney Clarence Roman Nose
Summer Ann Dyer
Timothy Wolfchief
Trenton Hoof
Tristan Wallace
Vanessa Landa
Vermon T Moore
Veronica Joyce Whitehorse-Bowen
Walter R West Jr
Wayne Turtle Jr
Woxie A Williams

BRIEFS AT A GLANCE

Strategic Purchasing Procedures for Tribes and Tribal Businesses

Feb. 18-19, 2015 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com.

Indian Housing Law

Feb. 25-27, 2015 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com.

Southwest Regional Native American Leaders Forum

March 2-3, 2015 at the Desert Willow Conference Center in Phoenix, Ariz. For more information or to register visit www.nativenationevents.org.

National RES (Reservation Economic Summit)

March 9-12, 2015 in Las Vegas, Nev. For more information visit www.ncai.org.

2nd Annual Native American Leaders Forum

March 16-17, 2015 at the Talking Stick Resort in Scottsdale, Ariz. For more information visit www.nativenationevents.org.

Security Force and Tribal Law Enforcement Liability

March 18-19, 2015 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 14th annual Native Women's and Men's Wellness Conference

March 22-25, 2015 in San Diego, Calif. For more information or to register visit www.aii.ou.edu.

Managing Financial Aspects of Construction Projects for Tribal Organizations

March 26-27, 2015 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 42nd annual Head Start Conference and Expo

March 29-April 2, 2015 in Washington, D.C. For more information or to register visit www.nhsa.org.

Midwest Native American Leadership Forum

April 9-10, 2015 at the Skirvin Hotel in Oklahoma City. For more information or to register visit www.nativenationevents.org.

33rd Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect

April 19-22, 2015 in Portland, Ore. For more information or to register visit www.nicwa.org.

The Sixth annual Native American Healthcare Conference

May 18-19, 2015 at the Harrah's Resort in Valley Center, Calif. For more information visit www.nativenationevents.org.

The Ninth annual Native American Economic Development, Diversification & Energy Projects Conference

June 15-16, 2015 at the Disney's Grand Floridian Resort & Spa in Lake Buena Vista, Fla. For more information visit www.nativenationevents.org.

Anadarko cook has Native American flavor

By Keith Dobbs

Pow wow meat and Indian fry bread are not items you'd normally see on a menu for a group of seniors. However, Thomas Mauchahty-Ware III isn't your average cook and his guests aren't the run-of-the-mill seniors either.

Mauchahty-Ware works at Silvercrest Manor, a long-term care facility in Anadarko that caters to the Native American population.

"Seventy-five percent of our residents are Native American and 90 percent of our employees are tribal citizens," said Administrator Sharon Ewing.

"We needed someone to lead our food services that understood the culture and taste buds of the Native American people."

When Mauchahty-Ware arrived at the facility, the residents and employees noticed an immediate difference.

"I incorporated wild plants into the dishes to spice them. Things like onions, garlic and potatoes," Mauchahty-Ware said.

"I don't use salt. It isn't good for the blood pressure and other illnesses."

Mauchahty-Ware said he began serving dishes that were familiar to Plains Indians; slow-cook meals that included stews with meat and corn. He uses a variety of meat, including beef, pork, chicken and buffalo.

He said that one of his colleagues has even mastered Indian fry bread and that it is a frequent, and often requested, item on the menu.

"When she makes the fry bread, I make the pow wow stew. It's a mixture of meats, vegetables and local herbs," Mauchahty-Ware said. "It looks and tastes a little different every time depending on the ingredients I use that day."

Ewing said that the residents started to respond in a positive manner to the ethnic-influenced cooking.

"They could tell a difference in the food. It was dishes they grew up eating and that they'd made for their own families," she said.

Formally trained as design technology engineer from Cameron University in Lawton, Mauchahty-Ware was most recently employed with the Delaware Nation, where he was responsible for cultural events. In this role, he perfected some of his Native American culinary skills.

He said many of his cooking skills came from observing his ancestors and being attentive to those who have done it for generations.

Mauchahty-Ware's family hails from Crow Indians although his family has strong connections to both the Comanche and Kiowa tribes. He said that "Mauchahty" comes from a time when the Comanche and Kiowa's were traveling together. It actually means "being a leader or at the top."

Mauchahty-Ware has six children, three sons and three daughters. One of his sons is named as the IV, something to keep the Mauchahty-Ware name going.

Located about 50 miles southwest of Oklahoma City in Caddo County, the Anadarko community consists of large populations of Kiowa, Comanche and Arapaho as the Federal Government allotted reservations for those tribes in the early 1900's.

Courtesy photo

Mauchahty-Ware works as a cook at the Silvercrest Manor, a long-term care facility in Anadarko, Okla., that caters to the Native American population.

Ewing said the facility has become a destination facility for Native Americans across the state and southwest.

"In addition to the Native American food, we've learned to include sage in some of our rituals," she said.

She said that sage is held sacred by many Native American Indians because of its effective purifying energies.

Sage is frequently used externally for "smudging," a ceremonial ritual that includes fanning the smoke from a tightly bound clump of sage in a smudging pot to purify a person or space.

"We've had several residents with bad dreams and they request us to burn sage for them. The residents believe that it heals by bringing them back into balance and cleanses the body and mind of negative spirits and impurities," Ewing said.

Native Business: Forecasting and Planning

By Jim Stanley, Tribal Tribune Correspondent

Forecasting is a process that helps the people of an organization understand how their actions affect progress to achieve goals and which objectives a company is driving towards. Forecasting is a management tool that allows a team to see into the future and prepare in advance of an event or season by communicating what the various departments within an organization will do to help each other. Through inter-organizational communication, opportunities for improvement are recognized as obstacles are defined when a team thinks through the process of what needs to be done.

Forecasting usually starts with an income statement that includes sales, cost of goods sold, gross profit, operating expenses, net income, and debt service. If an operation contains multiple product sales like in the seafood business then it is wise to forecast margins by species because the sale of each species is likely to have different margins. Margin is the difference between sales price and cost of goods sold. Margins produce gross profit that is then used to cover operating expenses. It is a best practice to forecast sales for each species by month, quarter, and year. Management is then in better position to understand historical performance by species and factors effecting prices so management may plan for the upcoming season(s).

Sometimes, those involved in the forecasting process react with hesitation to participate because the process is new and they are unsure of how to proceed. Often this materializes as a list of reasons why forecasting is difficult to make work. This reaction is natural. Forecasting is a way to give everyone on the team a voice. Each team member has the opportunity to listen and learn how the actions of people, the cash flow conversion cycle of product sales, and use of profit to sustain the living organization blend to make the operating company work. Companies that forecast invariably come in close to what they forecast and better position themselves for growth, defend against competitors, or catch a break in the market.

Jim Stanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a Tribal member of the Quinault Indian Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. A catalog of articles is compiled at JimStanley.biz.

CHEYENNE AND ARAPAHO TRIBES
Employment and Training Administration (ETA) Program

The Cheyenne and Arapaho Tribes Employment and Training Administration (ETA) Program is currently offering services to eligible federally recognized Native Americans who reside in the following counties: Canadian, Custer, Beckham, Blaine, Dewey, Kingfisher, Roger Mills, and Washita.

Are you currently enrolled at a local technology center or trade school? Are you in need of employment? Have you found employment and need help retaining new employment? Do you receive TANF or other forms of State Public Assistance? Are you a veteran?

The ETA Program offers applications for Employment, Training, and Supportive Services.

ETA Applications for services are available online at www.michaelwood.publishpath.com/eta or call at (800) 247-4612 ext. 27494 or (405) 422-7494 for more information. Thank you.

Meth campaign

continued from pg. 1

that I loved, everyone that I loved and everything I cared about," Sayerwinnie said, speaking directly at the students in the audience."Meth will take everything your life if you let it. I am here today because I want to tell you that meth is nowhere you want to go, it will take everything from you."

Sayerwinnie has been clean for three years after attending rehab at the George Hawkins Treatment Center in Clinton, Okla. He said it has taken that long to be able to again focus his mind, but knows he has a long way to go.

"Its been three years for me and I am just now learning how to think again like I used to, I mean I am nothing like I used to be in my mind, but I am just now getting back to being able to focus. Meth is nothing but poison and it literally can take just one time, one time you can do meth and it can kill you. I heard a story about two kids, first time they ever tried meth or did drugs in their life when they went to a party and this guy offered it to them. They ended up getting lost, this guy and girl, teenagers, because they were so high on meth they got lost trying to get home and ended up out in this field. They called the police on their cell phones and the police are trying to direct them, but they are so high on meth they can't focus, their mind is racing so fast that they can't focus on the words. It was cold out, the police couldn't find them and eventually they end up in the middle of nowhere. They end up in this shed, freezing outside, still on the phone trying to tell the police where they are, but the police can't find them. The girl ends up leaving the shed and falls of some ledge where she died. The teenage guy ended up dying in that shed. One time, one time they did meth and they ended up dying. What I got out of that story is they did meth, the first time they ever did it, it destroyed their mind and now they are dead. That's someone's daughter, someone's son and now their dead … it's nowhere you want to go," Sayerwinnie shared.

Families of meth addicts suffer everyday as they watch their loved ones deteriorate before their eyes, as one grandmother said, "I had a grandson who lost his life to meth. It was involvement in meth and in gangs that led to his death. Its all across Native America, not just in Oklahoma, it's everywhere and as Native Americans we really need to take a stand (against meth)."

If you or someone you know needs help please call the Cheyenne & Arapaho tribes' hotline (800) NEWSTART or visit www.NotOnOurLand.com.

Photos by Rosemary Stephens

Students and guests head outside of the Concho Community Center to release balloons in a symbolic message saying, Meth, Not On Our Land.

Joe Sayerwinnie shares what his life was like on meth, and his life now on the road of recovery.

Good oral health care can lead to better management of diabetes

By Deb Utacia Krol / Native Health News Alliance

Jeanne Eder Rhodes didn't realize how the simple acts of regularly brushing and flossing her teeth could lead to better health for diabetics. Rhodes, 66, who recently retired as head of the University of Alaska's history department, was diagnosed with type 2 diabetes in 1998.

"I didn't learn about the importance of oral care until 2004," says Rhodes, a Dakota Sioux from the Fort Peck Reservation in Montana. "My dentist said that he could tell how my diabetes was doing just by examining my teeth. That's when I started paying attention to my gums and teeth."

Oral health and diabetes experts alike universally agree that proper oral care is an essential tool in managing diabetes. The American Diabetes Association reports in its online journal that "periodontal treatment leads to an improvement of glycemic [blood sugar] control in type 2 diabetic patients for at least three months."

In a population where some one-third of all Native diabetics and 25 percent of all American Indians and Alaska Natives age 65 and over have lost all their teeth, maintaining good oral health is more vital to the health of all Native people.

However, too many Natives are not seeing a dentist regularly. "Just as you have to get an annual physical examination, you also need to get a dental examination," says Dr. Anh Thu Becker, a dentist at Native Health, a Phoenix community health facility that serves many Phoenix-area Native people. "Most people think 'if it doesn't hurt, I don't have a problem.'"

Healthy teeth = healthier body

Dr. Alex Cota, a dentist with Sun Life Family Health Centers in Sun City, Arizona, says that he can tell a new patient has diabetes with just a simple diagnostic instrument, his nose. "A basic sign of diabetes is breath that smells like a rotten apple," Cota says.

Reduced resources in communities served primarily by Indian Health Service facilities may also contribute to less oral care. IHS is aware of the connection, though, and it offers information for both patients and providers on including oral care education and evaluation in diabetes management programs.

Courtesy photo

A patient being seen at Native Health's dental clinic in Phoenix, Ariz.

However, "By the time people have symptoms [like inflamed and bleeding gums]," Becker says, "it's too late to prevent periodontal disease" and the possibility of bone and tooth loss that can result from delaying treatment.

Cota adds that bone loss is especially worrisome for diabetics, as dentures are harder to fit. Also, he warns diabetic patients that gum care is still a priority even after losing healthy teeth to periodontal disease, as a fungal infection known as candidosis can occur.

Failing to maintain good oral health has other pitfalls

See **Good oral health** *pg. 11*

Mental Health Conference
WHO'S PUTTING IT ON:
The Cheyenne & Arapaho Tribes
METHAMPHETAMINE AND SUICIDE PREVENTION INITIATIVE
in conjunction with the Substance Abuse Program
WHEN & WHERE:
March 4th, 2015
Frisco Center, Clinton Oklahoma
Time of the Conference: 9am to 4pm
Sign up time: 8:30am to 9:00am
Lunch will be provided
WHAT:
• Suicide Awareness
• Trauma informed
• Substance abuse prevention
RSVP to Kateri Fletcher @ 580-614-1402
kafletcher@c-a-tribes.org
This is a free event!, Everyone welcome!!!

Cheyenne District 2 & Arapaho District 2
Spring Break Fun!
Monday March 16th
No monkeying around your invited to the Okc Zoo
Check in at 11am Lunch will be served at Noon
Pool Party
Wednesday March 18th
Dinner served @ 5pm & Swim From 6pm to 8pm
Kingfisher Swimming Pool
For more information please contact:
Cheyenne District 2 Legislative office 405-422-7480
Arapaho District 2 Legislative Office 405-422-4770

Cheyenne & Arapaho Labor Day Powwow Committee

Now Accepting 2015 Princess Applications

Age categories are:
Senior, age 13-19 by April 1, 2015
Junior, age 6-12 by April 1, 2015
Tiny Tot, age 1-5 by April 1, 2015

Princesses elect must be enrolled with the Cheyenne & Arapaho tribes and present their tribal roll number (CDIB) along with their complete application.

Princesses elect must not be married or borne any children.

Princesses elect must carry themselves in a respectful manner at all times, at other events, and at any other activity at which they attend while representing the Cheyenne & Arapaho Labor Day powwow as a princess.

Princesses elect must attend the Labor Day fund raising dances and/or events and must be seated in front of the speaker's stand visible to the public wearing their regalia/banner. Princesses may be excused/absent in the event of an unforeseen emergency upon notifying the committee.

Princesses will wear the banners/shawls issued by the organization, if other Labor Day banners are desired; costs are at their expense and are to be worn only at other dances.

Princesses shall assist the committee with food donations/raffle items to assist in the fundraising activities at each benefit dance.

Contestants raising funds/monies towards becoming the Cheyenne & Arapaho Labor Day princess must be turned into the committee and an application must be on file with the committee prior to raising funds.

For an application or more information contact any of the committee members, Lynn Littlehawk at (580) 547-9309, Melvin Miles at (405) 200-5052 or Willie Bullcoming at (580) 339-3320.

Tribal Tidbits

National Oatmeal Day

The Cheyenne & Arapaho tribes' Food Distribution program celebrated National Oatmeal Day by providing a healthy breakfast food demonstration in the complex reception area Feb. 9, 2015, located in Concho, Okla.

Angie Sankey and Rique Richardson, certification clerks, served up oatmeal, toppings of fresh strawberries, blueberries, peaches, apples raisins, walnuts, brown sugar, and cinnamon, topping off the nutritious breakfast with juice to, "wash it all down with."

National Wear Red Day – the first Friday each February is a special day to bring awareness to the staggering fact that one in three women die of heart disease and stroke each year.

We can change that statistic because 80 percent of cardiac events can be prevented with education and lifestyle changes.

The American Heart Association and the C&A Department of Health encourages everyone to wear red, know your cardiovascular risk, and take action to live healthier lives.

Colony Girls

Tashina White Buffalo, Tutti Sleeper, Cassie Brian, Irene Mendivil, Mazie Sleeper and Christina Mendivil taken at the Colony powwow in 1984.

Greenhouse Project Canning Classes

On Feb. 29, 2015 the Cheyenne & Arapaho tribes Green House Project along with the OSU Extension office, presented a canning class for all tribal member to attend. The basic fundamentals of canning was taught by Donna Stangl-Jung,MS,RD/LD, Oklahoma State University, extension educator. She taught numerous methods of how to use a home garden to proper home canning procedures.

More classes are scheduled for Feb. 23 at the Clinton Community Center in Clinton, Okla. and Feb. 24 at the Native American Church in Concho, Okla.

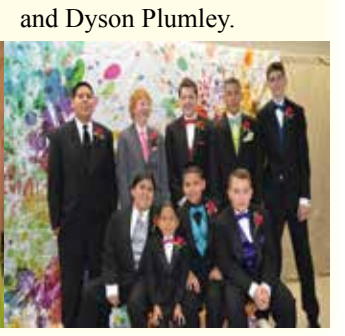
The Cheyenne & Arapaho tribes would like to acknowledge Melvin RomanNose, Monica Murae with IHS, Richard Deshazzio with ORWA, and all the water plant employees for their hard work and dedication in completing the new water lines throughout the Concho Reserve.

Darlington Homecoming Court

Darlington School hosted their annual homecoming dance on Friday, Jan. 30, 2015.

Darlington Homecoming Queen was awarded to Lauren Hamilton.

Homecoming King resulted in a tie for the first time ever.Homecoming Kings were awarded to Eli Hollis and Dyson Plumley.



EATING well for DIABETES

What to Eat When Expecting

Kerri L. Felmlee, MS, RDN, LD
C&A Diabetes Wellness Program

Eating for two doesn't mean eating more, it means eating better. Thinking beyond calories, and considering the nutrients necessary to keep mom healthy while providing the proper nutrition for the growth of the baby, will ensure a smooth pregnancy and will set your baby up for a healthier life.

Keeping it Balanced

Standard recommendations for pregnancy nutrition rely on a well-balanced, nutrient-rich diet. Including a variety of foods from all five food groups, fruits, vegetables, grains, protein and dairy are essential.

Vegetables, fruits and whole grains should be the foundation of the diet. Plant foods provide all-star prenatal vitamins, minerals and phytonutrients such as folate for preventing neural tube defects, iron to sustain the increased blood volume and calcium for bone formation and fluid regulation. These foods also offer a steady supply of fiber which is crucial for maintaining healthy digestion during pregnancy.

Because the structural components of body cells, your baby's and yours, are mostly protein, it's also essential that women get enough protein during their entire pregnancy. The Academy recommends eating an additional one to two ounces of protein daily, for a total of five to six ounces a day. Good sources include eggs, beans, nuts and seeds, poultry, lean meats, low-fat milk, yogurt and cheese.

Certain fish, including tilefish, shark, swordfish and king mackerel, should not be eaten during pregnancy due to their high mercury levels. However, salmon, trout, anchovies and sardines are all safe for soon-to-be moms, providing omega-3 fatty acids which contribute to brain development without the harmful mercury. Aim for eight to 12 ounces of fish per week during pregnancy.

Eating for Pregnancy Symptoms

While a well-balanced diet is ideal, it's not always realistic. Every woman experiences some degree of nausea, food aversions, constipation and bloating during pregnancy. So, the eating strategy at times may become focused on coping. These tips can help keep symptoms at bay.

Nausea

Eat small, frequent meals to keep blood sugar stable and prevent nausea from occurring.

Stay well hydrated by drinking plenty of water.

Sipping on ginger ale may help settle an upset stomach. Speak with a physician before consuming herbal teas during pregnancy.

Gas, Bloating and Constipation

Consume a steady intake of fiber from whole grains, fruits and vegetables.

Avoid beans and other gas-producing foods during flare-ups.

Maintain a low-impact exercise routine.

Heartburn and Indigestion

Steer clear of spicy foods, which can be a trigger.

Avoid laying down for three hours after eating.

Maintain good posture to enhance digestion.

Proper nutrition can be a game changer during pregnancy, offering a reprieve from some of the most unpleasant symptoms while giving your baby a healthy head start. When it comes to making healthier food choices during pregnancy, your baby's health depends on it, and so does yours.

SCHOLARSHIP APPLICATION DEADLINE FAST APPROACHING FOR FALL 2015

The deadline is **June 1, 2015** for submission of BIA-Higher Education Scholarship applications for FALL 2015.

We welcome your applications starting now. There is no longer an appeal process for late applications. BIA-Higher Ed applications can be copied from our tribal website www.c-a-tribes.org/dept of education/higher education/application requirements. There are five pages to be copied. Applicants may send the one-page application, statement of privacy form, documents they already have by June 1st and send remaining documents as they receive them. A Gaming application is also due and that application can be copied from our tribal website as well.

An application can be mailed to you by sending an email request for an application to wwhiteman@c-a-tribes.org. Applications must be sent to our office by U.S. mail to: Higher Education Program, PO Box 167, Concho, OK 73022 or delivered to the Department of Education Office, 200 Wolf Robe Circle, Concho, OK 73022 **NO LATER THAN JUNE 1, 2015.**

Please do not fax applications. Please do not email applications. Higher Education staff is available for advisement, counseling and questions you may have ny calling (405) 422-7560; (405) 422-7653; (405) 422-7439 and (405) 422-7646, or toll free at (800) 247-4612 ext. 27560, ext. 27653, ext. 27439, or ext. 27646.

Pediatric services begin at El Reno and Watonga Indian Health Centers

Starting Feb. 11, 2015, Pediatrician Dr. Mejias will join Clinton Service Unit.

If you're looking for pediatric services in El Reno or Watonga, look no further. Starting Feb. 11 the El Reno and Watonga Indian Health Centers are pleased to announce the return of Pediatrician, Dr. James Mejias.

We understand your children are your top priority. When they get sick and need care, you want to take them to a provider you trust. We are proud to offer Dr. Mejias's pediatric services at the El Reno Indian Health Center Monday, Wednesday and Friday from 8 a.m. to 5 p.m., and at the Watonga Indian Health Center Tuesday and Thursday from 9 a.m. to 4 p.m.

From runny noses, sprains, asthma, school physicals, and well-child visits, let Dr. Mejias and our team of caring professionals take care of your child. To schedule an appointment for your little one, please call our Appointment Call Center at (580) 331-3339 anytime between the hours of 8 a.m. to 5 p.m., Monday through Friday.

The mission of the El Reno and Watonga Indian Health Centers are to provide quality health care services focusing on prevention, restoration and collaborative relationships that are valued and "exceed the needs" of our patients, community and tribal partners.

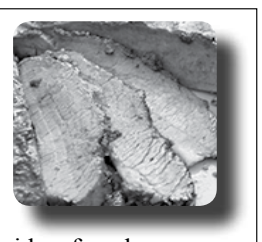
C&A Language Classes

5:30 p.m. Feb. 17
Clinton Comm. Center
6:30 p.m. Feb. 17
Geary Comm. Center
5:30 p.m. Feb. 19
NAC Bldg., Concho
4 p.m. Feb. 23
Canton Comm. Center
5:30 p.m. Feb. 23
God's Covenant Church
Kingfisher
6:30 p.m. Feb. 24
Clinton Comm. Center
6:30 p.m. Feb. 24
Geary Comm. Center
5:30 p.m. Feb. 26
Concho Comm. Center

Slow Cooker Buffalo Brisket

Cooking with USDA Foods

Furnished by Food Distribution Program



Recipe makes 1 - 3 pound brisket
1 teaspoon olive oil
1 (3 pound) buffalo brisket
1 small onion, chopped
2 teaspoons chopped garlic
1 teaspoon dried basil
Salt and pepper to taste
2 cups chicken broth
1 cup water

Lightly coat the inside of a slow cooker with olive oil and place the brisket in the bottom of the cooker. Sprinkle in the onion, garlic, and basil; season with salt and pepper.

Pour in the chicken broth and water. Cook on LOW, covered, until brisket is tender, 6 to 10 hours, basting meat several times to moisten.

Social Services Outreach Meetings

All Meetings are 11 a.m. - 3 p.m.

Feb. 24 - Weatherford
Feb. 25 - Watonga
Feb. 26 - Concho

Required Documents:

CDIB for at least one member of household

Current, original utility bill (electric, propane, gas)

Proof of income for all household members over the age of 18.

(Check stubs, SSI/SSA/VA award letters, TANF award letteers, unemployment benefit statements, child support award letters and an annual IIM account summary must be included in the proof of income.)

For locations and more information contact Andrea Patterson at (405) 422-7923 or by email, apatterson@c-a-tribes.org.

Diabetes Wellness Community Outreach Meetings

Nurse will perform foot exams, the dietitian will provide medical nutrition therapy, and the optometry tech will complete eye glass services.

If you are due for shoes and intend to pick them up during our community outreach, you MUST call ahead with your shoe size information.

Below are the details for each community outreach scheduled:

11 a.m.-3 p.m. Feb. 17 Hammon Community Center

11 a.m.-3 p.m. Feb. 19 Weatherford Indian Baptist Church

10 a.m.-1 p.m. Feb. 27 Clinton Elderly Nutrition Center and Independent Living Center

All clients will need to bring the following documents:

CDIB,

Driver's license or State issued ID,

Proof of Residency,

Proof of Diabetes,

Prescription for eyeglasses or Nike N-7 wellness shoes.

For more information contact the Diabetes Wellness Center at (405) 422-7723.

Powwows & Events CALENDAR

American Legion Benefit Gourd Dance

Feb. 15, 2015 at the Clinton Community Centert in Clinton, Okla. Bingo 1 p.m. - 5 p.m., supper 5 p.m. - 6 p.m. followed by gourd dancing 6 p.m. - 10 p.m. All veterans are invited to attend. Raffles and super raffles. Sponsored by the American Legion Post 401 Color Guard.

Western Plains Weatherford Genealogical Society Regular Meeting

7 p.m., Feb. 16, 2015 at the Western Oklahoma Historical Center, Inc., 520 West Main, inside the Cedar Schoolhouse in Weatherford, Okla. This meeting is for all genealogists and family history buffs in Custer and surrounding counties. For more information contact: Elizebeth Wilson at (405) 229-8495, or by email, ohelizebeth@cableone.net.

Cheyenne & Arapaho tribes Green House Project Program-Quick and Easy Gardening Classes

11 a.m. - 1 p.m., Feb. 18, 2015 at the Native American Church Building in Concho, Okla., Feb. 19, 2015 at the Clinton Community Center in Clinton, Okla., and Feb. 25, 2015 at the Watonga Multi-Purpose Building in Watonga, Okla. Materials will be provided, hands on setting. Lunch served. For more information contact Daryn West at (405) 422-7879.

R.E.Sp.E.C.T. Program's Elders Day Out

10 a.m. - 3 p.m., Feb. 18, 2015 at the Concho Community Center in Concho, Okla. Registration required for transportation. For more information or to register call (405) 422-7570 or toll free (800) 247-4612 ext. 27585.

The 2015 Go Red For Native Women Heart Health Summit

8 a.m., Feb. 20, 2015 at the NCED Conference Center and Hotel, 2801 East State Hwy. 9 in Norman, Okla. Free heart health screenings and health presentations. Breakfast and lunch provided. Conference is free to attend. To register call Rachel Crawford at (405) 593-6931.

Birthday Dance for Esther Seger

Feb. 21, 2015 at the Clinton Community Center in Clinton, Okla. Gourd dance begins at 3 p.m., followed by supper at 5 p.m., with dance to follow. Contests include men's traditional and grass (combined) and wonen's buckskin and cloth (combined), 1st place $300, 2nd place $200 and 3rd place $100. In memory of John "Chop" Home Seger Jr.

Fancy War Dance special contest, 1st place $750, 2nd place $500 and 3rd place $250, sponsored by John and Stephanie Standingwater. For more information contact Joyce "Sissy" Bullcoming at (405) 470-1037, Wilbur "Willie" Bullcoming at (580) 339-3320 or Sherri Seger at (580) 715-0917.

Cheyenne and Arapaho Youth Council Meeting

5 p.m. - 8 p.m., Feb. 27, 2015 at the Concho Community Center in Concho, Okla. Bring report cards and one page essay on "What the Youth Council Means To Me," and activity log. For more information or to register contact the R.E.Sp.E.C.T. Program at (405) 422-7570 or (405) 422-7585.

Oklahoma Indian Nation's February Dance

Feb. 28, 2015 at the Darlington School Gym in El Reno, Okla. Supper at 5 p.m., with dance to follow. Cake walk, raffles and more.

Mental Health Conference-Methamphetamine and Suicide Prevention Initiative

9 a.m. - 4 p.m., March 4, 2015 at the Frisco Center in Clinton, Okla. Registration 8:30 a.m. - 9 a.m. Sponsored by the Cheyenne & Arapaho tribes and the Substance Abuse Program. Free event, everyone welcome to attend. To RSVP contact Kateri Fletcher at (580) 614-1402 or by email, kafletcher@c-a-tribes.org.

Cheyenne and Arapaho Labor Day Powwow Benefit Dance

March 8, 2015 at the Clinton Community Center in Clinton, Okla. Gourd dancing 4 p.m., supper 5:30 p.m., with dance to follow. The committee is now taking applications for 2015 princesses. For an application or more information contact any of the committee members, Lynn Littlehawk at (580) 547-9309, Melvin Miles at (405) 200-5052 or Willie Bullcoming at (580) 339-3320.

Memorial Dance for Harold Wauque Neconie Sr.

March 14, 2015 at the Women's Building at the Kingfisher County Fair Grounds in Kingfisher, Okla. Starts at 3 p.m. Supper at 5 p.m. with dance to follow. Sponsored by his wife Mary Neconie and family. For more information call (580) 540-9582.

Memorial Dance for Mah-hi-vist Touching Cloud Goodblanket

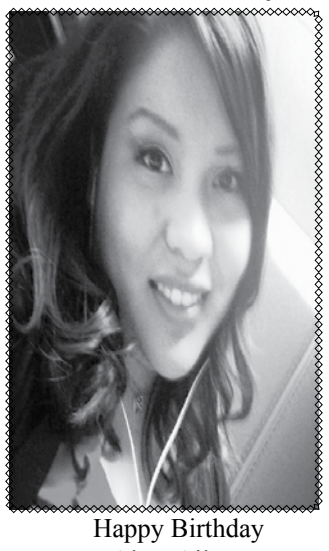
March 21, 2015 at the Clinton Community Center in Clinton, Okla. Supper at 5 p.m. with dance to follow. Everyone is invited to attend. For more information contact Melissa Goodblanket at (580) 309-1336.

Ernest Big Medicine Memorial

Aug. 15, 2015 at the Concho Community Center in Concho, Okla. Gourd dance at 2 p.m., supper at 5 p.m. followed by Grand Entry at 7 p.m. Invited Northern Drum, Riverside Drum, Arapaho, WY. Men's Northern Traditional contest, 1st place, $1000, 2nd place $800 and 3rd place $400.

Men's Grass Dance contest, 1st place, $500, 2nd place $300, and 3rd place $200. For more information contact Merle Lopez (405) 262-0002.

HAPPY BIRTHDAY



Happy Birthday
Alma Aileen
Limpy Holmes
You're a great mom and a beautiful soul.
Love you,
Mom, Gma Alma and the babies

Chelsea J. Warden
Happy 25th Birthday!
I just want to wish you a very happy birthday and tell you that you are strong in many ways. You are faithful to your Lord and a good mother, friend, sister and daughter! May Maheo watch over you and bless you!
Love and kisses, mom, dad, brothers and sisters

Happy Birthday Ma!
Feb. 13
I would like to wish a special Happy Birthday to Francis Garcia, the world's greatest mom.
I'm sending you all my love, all my kisses, and all my hugs!
Thanks for loving me since day one. I thank the Lord for blessing me with such a loving mother. May you have many more years to come!
Happy 65th Birthday Ma
Your son, Honey Garcia

Happy Birthday
Jan. 30
Hauli Sioux Gray
May God's awesome blessings be upon you this day and for the future years ahead. May His blessings never fade in every area of your life. May God abound much more, so you may be a fruitful vine with the abundance of the Lord. Happy birthday to a beautiful wife, loving mother, and amazing auntie. Love, your family

Glory Violet,
You are dad's little reflection and mom's little angel. You may be just 24 months old but you have given us the happiness of a lifetime. We knew that God truly loved us when He gifted us with you. You are the most beautiful gift and we love you so very much. On your birthday, we wish that God blesses you abundantly and fills your heart with more love. Happy 2nd birthday baby girl!

Happy Birthday
Glory Violet Gray
Feb. 10, 2013
You are now 2 years old. These past two years have been a blessing for the family. Your face lights up when you see your loved ones.
Love, joy and happiness surround you. You know you have everyone wrapped around your little finger, especially your father (Cecil Richard Gray II). May God Bless you with a long and healthy life. All our love,
Grandma Carmen, grandpa Cecil, dad (Cecil II), mom (Hauli), Charles, Isha, Michael, Lacey, baby Breanna, Emily, C.J., and great grandma Beulah Penn

Congratulations!

Congratulations to my husband Johnny L. Bernal for making the President's Honor Roll at Conners State College with a 4.0 GPA.
I am very proud of you.
Love and miss you, your wife, Cheryl Bernal

Happy Valentine's Day Johnny
I love you very much,
your wife Cheryl xoxoxo

Happy Valentine's Day 2015 to
Kyra, Tanner, Tiffani, JR and AJ
I love and miss you all.
Love momma and Johnny

Happy Valentine's Day
Sweetie & Tallulah Shawnee
I love you.
Love, auntie Cheryl and uncle Johnny

Happy V-Day 2015 to my grandsons
Erin & William Blindy
Love and miss you both.
Grandma Cheryl and papa Johnny

Happy Birthday to my uncle Seger Williams
I hope you have a blessed day! I love ya! Cheryl

Happy Birthday to sister Clair
To you up in the mountains. We wish you a Happy Birthday today!
We didn't forget! Hope you get your special wish!
Love you, sis Nell, H, Carol, Jo, Mary, nephews Dee, Son Dog, Al, Corn, Shel, Skeg, nieces, Dvill, Claressa, Jan, Teh, and Dani

Happy 9th Anniversary to the love of my life! We'll always have our ups and downs, but what marriage doesn't? You are my soul mate and I love you with all my heart. I can't wait to see what our next 9 years together brings. I love you hone-to the moon and back!

Happy 28th Birthday
J.D. Blackowl!
Love forever,
Hannah, Julez, James and family

Happy Birthday to my beloved sister
Lily Kauley
Feb. 19
Love Norma

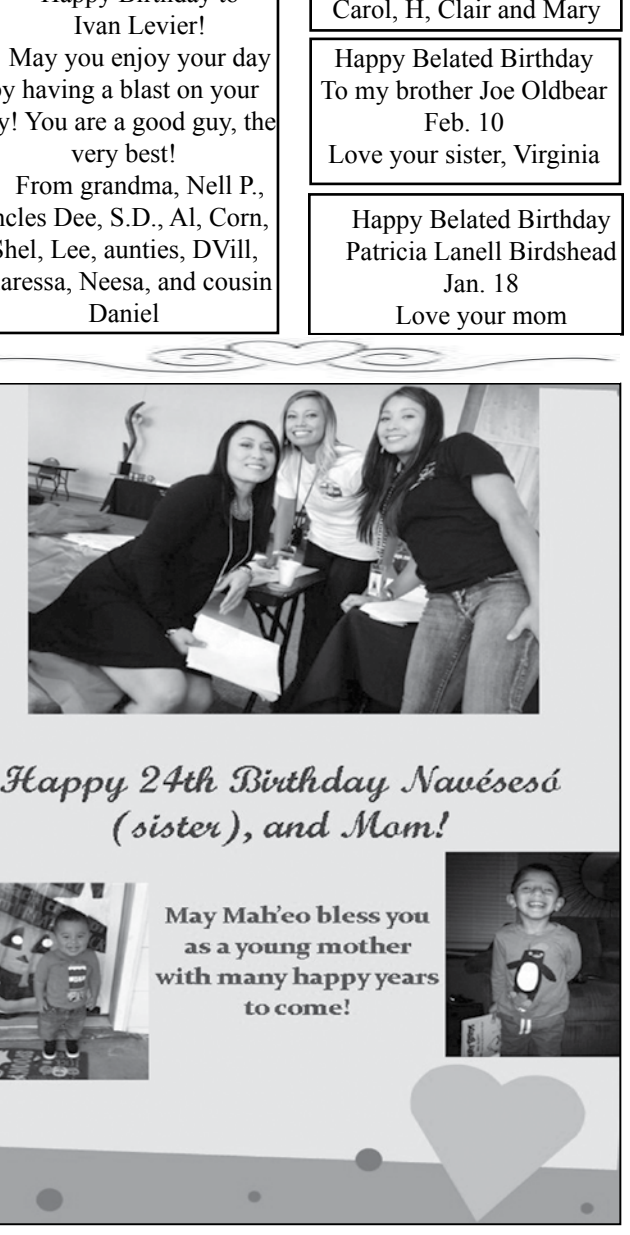
I would like to say

Happy Valentine's Day

To all my family & friends
Love you guys,
Margaret Tallbear

Happy Birthday to Charisse Warrior!
Have a good one niece! Your way up in Pottawatomie County may you have what you deserve … for a very special person,
Auntie Nell, brother Dee, sister DVill and S.D.

Happy Birthday to Ivan Levier!
May you enjoy your day by having a blast on your day! You are a good guy, the very best!
From grandma, Nell P., uncles Dee, S.D., Al, Corn, Shel, Lee, aunties, DVill, Claressa, Neesa, and cousin Daniel



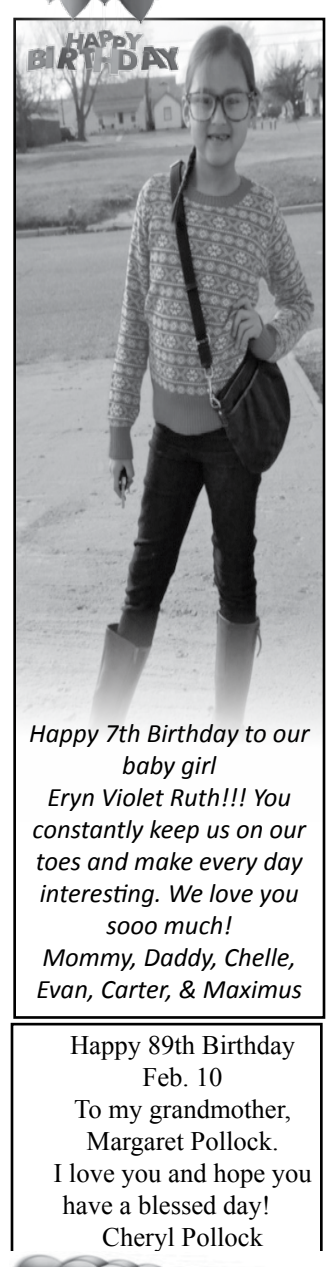
"Happy 18th Birthday"
February 7, 2015
Jenny Poo Hatten
Wishing you joy and happiness on your 18th birthday. We have all took care of you and watched you grow up to be a beautiful young lady. Wish you the best in everything that you do in life, aunt Ella would be proud of you!!
Love you,
The Mortons, Botones, Whitlows, Browns, Longknifes and Longs

To a very special nephew and brother Coen
We wish you a very Happy Birthday and many, many more. Full of jokes and competitive traditional dancer!
From the whole family, auntie Nell, Son Dog, Dee, DVill, Dena, Al, Dorcas and grandkids, aunties, Roz, Jo, Carol, H, Clair and Mary

Happy Belated Birthday
To my brother Joe Oldbear
Feb. 10
Love your sister, Virginia

Happy Belated Birthday
Patricia Lanell Birdshead
Jan. 18
Love your mom

Happy Belated Birthday
Timmy Washa
Feb. 3
Love your wife Norma



Happy 7th Birthday to our baby girl
Eryn Violet Ruth!!! You constantly keep us on our toes and make every day interesting. We love you sooo much!
Mommy, Daddy, Chelle, Evan, Carter, & Maximus

Happy 89th Birthday
Feb. 10
To my grandmother, Margaret Pollock.
I love you and hope you have a blessed day!
Cheryl Pollock

I really miss you my dear son, Dennis L. Washa
Love your mom, Norma

Happy 28th birthday
Larissa Rhae Walker-Mixon
Feb. 8, 2015

Happy birthday to our dear Larissa Rhae, wishing you the best birthday ever….
And thank you for giving us the sweetest baby boy… Isaac Jhey…
We love you Rissa and Happy Birthday!
Love you bunches,
The Mortons, Botones, Whitlows, Browns, Longknifes and Longs

Happy Valentine's

Happy Valentine's Day to our three Valentines
Isha Boise, Breanna Le Ann Gray and
Glory Violet Gray
Love the Gray family, Cecil, Carmen, Jinxie, Hauli, Charles, Michael, Lacey, Emily, C.J., and great grandma Beluah Penn

Happy 10th Birthday
Kiyah Lena Fourhorns
My best friend, Kyah Lena Fourhorns, is 10 years old and is more special every day. Be nice and play lots everyday, run and jump, and sing songs out loud.
This is the 10 year old way.
This is to my best friend, Kiyah Lena Fourhourns, Grandma Jessie loves you very much,

Happy 10th Birthday may your tenth Birthday be as special as you are!
Congratulations Kiyah Lena Fourhorns for your first two-digit birthday

Happy 10th birthday
Kiyah Lena Fourhorns
The Botones, Mortons, Whitlows, Reveles', Longknifes, and Longs
We love you!

Happy 2nd Birthday
Matthew Kendric Kauley!
You are such a blessing to us all. Love all of your Hammon Family and Powwow Family!

Son Ryno
You arrived on a clear cold night, but you were so tiny! Just a bundle of joy.
You blessed us with much joy! All we could say was Ah-ho Maheo!
Oh but you were full of life never ending in talking a small person who knew a lot! Spoke in sentences before two. Their was no baby talk for that baby. So very strange. Today is your birthday, we honor you!
Many, many, precious memories! Many happy farewells, mommy

Happy Birthday!

To Monica Allen, thank you for always being there for me. For always having my back, always willing to help. For being a strong single mother whose child is in combat over seas fighting for us. You are an awesome big sister, with an awesome heart. Thanks sis!
Love, your little brother Jay

Feb. 25
Wishing Sean Penn "Son Dog" a very special birthday to a very special son whom is very cordial to anyone he meets and knows and even knows everyone's phone numbers We love you!
MK (mom) DVill, Big Dee, JR, Dani, Deena and Daris

CLASSIFIEDS

Employment: Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver's license and a copy of CDIB to Personnel Department, PO Box 38, Concho, OK 73022 or email kwhitehorse@c-a-tribes.org.

Greenhouse Garden Aide
Watonga
Closing: Until Filled

Qualifications:

Prefer knowledge and experience in the area of gardening and greenhouses. Knowledge of traditional Native foods and cultivation of foods. Ability to work with minimal supervision. Display a high level of initiative, effort and commitment towards completing assignments in a timely manner. Ability to communicate proficiently both orally and written. High school diploma or GED certification and background check required. Cheyenne-Arapaho preference.

SALARY: Negotiable

Caretaker Part-Time
(Potential Full Time)
Concho Community Hall, Concho, OK
Closing: Until Filled

Qualifications:

Reliable and dependable. Able to handle weights and loads, lift up to 50 pounds, bending, pushing and squatting; climbing ladders; works with hands in water containing stringent cleaning agents.

Willing to work other than normal working hours, when necessary especially weekends. Due to the sensitive nature of Cheyenne and Arapaho tribal customs and traditions. Familiar with Cheyenne tribal customs and Arapaho tribal customs. Completion of high school or GED. One (1) year's experience in custodial work desirable. Must know methods, materials and equipment used in custodial work. Experience may substitute for education. Able to follow oral and written directions. Valid Oklahoma driver's license. Cheyenne & Arapaho tribal preference

SALARY: Negotiable

Physical Fitness Assist.
Health Education
Closing: Until Filled

Qualifications:

Personal trainer or physical fitness specialist certification preferred. High school diploma or General Education Equivalency required. Some college preferred. Two years experience in physical activity, sports or recreation. Must have driver's license, own vehicle, and proof of insurance. Must be willing to obtain CPR and First Aid Certification. Familiar with organization policies and procedures. Cheyenne and Arapaho tribal preference. Knowledge of Cheyenne-Arapaho cultures. Must be willing to work flexible hours including nights and weekends. Must be willing and able to attend various training programs as designated by the program director. Must pass background check.

SALARY: Negotiable

Admin Assistant
HOPE Program
Closing: Feb. 18, 2015

Qualifications:

High school diploma or GED certification. At least three years of responsible secretarial experience. Must be computer literate in Microsoft Word, Excel, data base programs (TAMS) and email accounts. Typing skills of at least 50 wpm. Proficiency in grammar, spelling and punctuation. Valid Oklahoma state driver's license. Familiar with purchasing procedures of tribal government. Must be able to write reports for the HOPE program, if needed. Cheyenne-Arapaho preference.

SALARY: Negotiable

Caseworker Supervisor
HOPE Program
Closing: Feb. 18, 2015

Qualifications:

Prefer Bachelor's degree in social services field or related field or an associate's degree in related field. Requires two years of experience in professional related field. Must understand and strive to implement the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/ Native American cultures and values. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Cheyenne and Arapaho preference.

SALARY: Negotiable

Telephone Caseworker
HOPE Program
Closing: Feb. 18, 2015

Qualifications:

Degree in social work or associate's degree with one year experience in related field or two years experience in related field. Valid Oklahoma state issued driver's license. FEMA NIMS certified within one year of selection

SALARY: Negotiable

Burial Program
Office Manager
Closing: Feb. 18, 2015

Qualifications:

High school graduate or GED certification required, with a minimum of Administrative Assistant Certification or minimum of two years administrative or clerical experience. Skills in greeting and working with the public a must. Must have a valid Oklahoma driver's license and dependable transportation. Must be willing to work other than normal working hours. Cheyenne-Arapaho tribal preference.

SALARY: Negotiable

Adult Education
Counselor
Concho, OK
Closing: Until Filled

Qualifications:

Bachelor's Degree in Education or related field preferred; or an equivalent combination of education and experience, substituting one year of experience in teaching for each year of the required education. Cheyenne & Arapaho Indian preference.

SALARY: Negotiable

Office Clerk
Dept. of Enrollment
Closing: Feb. 18, 2015

Qualifications:

High school diploma or GED certification required. Prefer experience in general office procedures, filing, typing, data entry, answering telephone and working with the public. Knowledge of program polices and regulations a plus. Ability to relate and work with the Indian and non-Indian communities. Cheyenne-Arapaho preference.

SALARY: Negotiable

Court Bailiff
Judicial Branch
Closing: Until Filled

Qualifications:

Bachelor's degree preferred or 4-years experience in law enforcement or legal services. Strong typing and hands-on computer skills a must. Must abide by confidentiality policies. Must possess valid Oklahoma driver's license. Knowledge of Cheyenne and Arapaho cultures preferred . Must pass pre-hire and random drug screening.

SALARY: Negotiable

Receptionist / Licensing Technician
Gaming Commission / Concho, OK
Closing: Until Filled

Qualifications:

High School Degree or Equivalent. Minimum two years of clerical/administrative experience. Computer literate. Familiar with practices/procedures of the gaming industry. Ability to maintain high level of confidentiality. Strong work ethic. Available to work evenings and weekends. Pass extensive background check. Valid Oklahoma driver's license. Have reliable transportation. Cheyenne and Arapaho preference.

SALARY: Negotiable

Adult Education
Counselor
Canton, OK
Closing: Until Filled

Qualifications:

Bachelor's Degree in Education or related field preferred; or an equivalent combination of education and experience, substituting one year of experience in teaching for each year of the required education. Cheyenne & Arapaho Indian preference.

SALARY: Negotiable

ICW Program
Coordinator
Closing: Until Filled

Qualifications:

Master's degree in social work or related field preferred or an equivalent combination of education and experience. Must have ability to work with high number of clients and work as efficiently as possible. Ability to work flexible hours, other than normal working hours, including weekends, and holidays as needed. Must have knowledge of crisis theory and interventions. Must understand the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidential regulations. OSBI and criminal background check required and be adjudicated appropriately. Must posses a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho cultures and values. Ability to work with difficult clientele.

SALARY: Negotiable

Oklahoma Indian Nation Pow-Wow Committee

ACCEPTING APPLICATIONS
FOR
2015 PRINCESS CONTEST

Age categories for princess candidates:
Senior Miss: Between ages 14-19 years of age by April
Junior Miss: Between ages 7-13 years of age by April
Little Miss: Between ages 1-6 years of age by April

Applicants must be of American Indian Descent

Princess Contest will be judged by Penny A Vote

April 21, 2015
OIN Committee will count Penny Votes on Tuesday, April 21st at 7:00 p.m. at Darlington School. All Candidates must turn in their votes at that time. All Coins must be converted to bills.

May 23, 2015:
Princess Coronation Dance, Concho Community Hall

Applications can be obtained and submitted:

Dara Franklin
1801 David Drive, El Reno OK 73036
Work: (405)262-0137
Cell: (405)361-8945

Christine Morton
512 Lynn Drive, El Reno, OK 73036
Work: (405)422-7919
cm_arapaho@hotmail.com

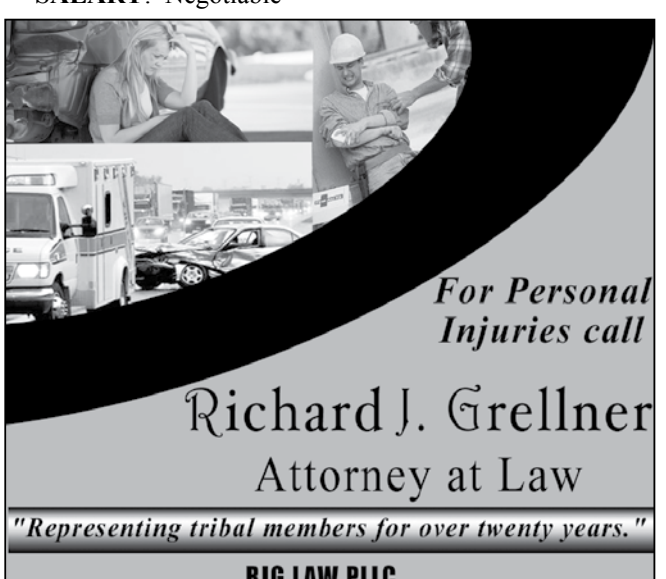
TURF CARE & Beyond INC
Certified Commercial Applicator
Weed Elimination
Fertilization
Flea/Tick Control
Residential • Commercial
FREE ESTIMATES
405-262-5300

Holiday Closure

The Cheyenne & Arapaho tribal offices will be closed Monday, Feb. 16, 2015 in observance of federal holiday, President's Day. Offices will reopen on Tuesday, Feb. 17, 2015 at 8 a.m.

Subscribe NOW to the Cheyenne & Arapaho Tribal Tribune
$35/Year
FREE for tribal members
405/422-7446

TCB INC. Pest Control
"If it crawls, you need to call"
Residential • Commercial
405-262-5300



In Loving Memory

Dwight "Dusty" Parton
Dec. 5, 1952
Feb. 1, 2015

Prayer services were held for Dusty Parton on Feb. 4, 2015 at the Smith Funeral Chapel in Anadarko, Okla.

Funeral services were held Feb. 5 at the Bethel Baptist Church in Anadarko, Okla., followed by an Interment at the Memory Lane Cemetery.

Nina Antelope
Oct. 22, 1920
Jan. 28, 2015

An all night Wake service was held for Nina Antelope on Jan. 30, 2015 at the Concho Community Center in Concho, Okla.

Funeral services were held Jan. 31 at the Concho Community Center, followed by an Interment at the Concho Indian Cemetery.

Patricia L. Oldbear Tahdooahnippah
April 21, 1947
Feb. 2, 2015

An all night Wake service was held for Patricia Oldbear Tahdooahnippah on Feb. 6, 2015 at the Concho Community Center in Concho, Okla.

Funeral services were held Feb. 7 at the Concho Community Center, followed by an Interment at the Concho Indian Cemetery.

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
FILED JAN 28 2015
IN THE TRIAL COURT
DOCKET ____ PAGE ____
FILM ____ IMAGE ____
COURT CLERK
Rebekah Trojan DEPUTY

In The Matter Of The Guardianship Of:

E.R.
DOB: 10-20-06

T.R.
DOB: 9-8-08

Minor Children

Case No: PG-2015-02

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: KELLY CHEROMIAH

You are hereby notified that Steven and Monica Red Hat, Jr. has filed in this Court a Petition For Co-Guardianship. Of said persons and/or estates of E.R.. and T.R., minor children, and that on January 28th, 2015, the petitioners, Steven and Monica Red Hat, Jr. was granted temporary co- guardianship of the minor children and that said Petition is hereby set for a Permanent Guardianship Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the **6th** day of **May, 2015** at **10:00 A.M.**, at which time you may appear and show cause, if any you have, why said Permanent Guardianship should not be granted.

Dated this 28th day of January, 2015

Rebekah Trojan
Rebekah Trojan, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

ATHLETES SPOTLIGHT

Photos & interview by Rebecka Lyman

Together **E**veryone **A**chieves **M**ore

Junior, Aubrey Bearbow is a student athlete who wears her school's colors proudly. The 5'11" defensive player enjoys playing the post position on the Hammon Warriors basketball team.

She was born in Clinton, Okla. and is the daughter of Russel and Charolette Bearbow. Her grandparents are the late Eldon and Frances Bearbow; and Arnold and Ella Haceesa.

When did you first begin playing?

I began playing softball when I was in the first grade. I was in the third grade when I started to play basketball.

What is it about the sport that you love the best?

The thing that I love the best is being a team. I believe it is healthy to keep a good relationship with every player and the coaches. When people are mad at each other it has a big affect on the team as a whole.

What has been your biggest accomplishment in the sport so far?

Our biggest accomplishment would have been making it to the state tournament a year ago.

What is your biggest accomplishment in the classroom so far?

My biggest accomplishment would be keeping my grades at or above a B.

What are some of your goals, (sports, life, school)?

In sports I plan to make it to a state tournament again. Whether it's basketball or softball, I would like to experience it again with the team.

What actions are you taking to reach these goals?

Work hard in practice and in the classroom.

What has been the most exciting game you have played in?

The most exciting game I've played in would have been the district tournament in fast pitch softball at Sentinel.

What is the best advice you have ever been given and who gave you that advice?

The best advice I've been given is to never let people tell you, you can't accomplish anything. My late grandmother, Frances, gave me that advice.

Do you have a saying or motto that you live your life by?

I live by the following quote: "The best revenge is bettering yourself."

Who or what inspires you the most?

A singer from one of my favorite bands inspires me to be a good person and to never give up on achieving my goals in life. He also inspires me to move past the hard times in life because it will get better soon.

What is your favorite meal before or after a game?

I don't know if this counts for a meal, but I like to eat gummy worms.

What are some of your hobbies (what do you like to do when not playing sports)?

I like to grid draw cartoon characters and people.

What kinds of music do you enjoy listening to?

I enjoy listening to alternative and hard rock.

What is one thing about you that no one else knows?

I listen to the same song before school everyday.

If you could change one thing in the world, what would it be?

I would change the airplane ticket prices so I can travel anywhere I want to while spending less.

What do you someday dream of doing?

I dream of buying my mom a brand new house.

Who is your favorite athlete of all time?

Michael Jordan.

Which team is your favorite team?

Oklahoma City Thunder.

What are your plans after graduating high school?

I plan to attend and graduate college.

What would be your advice to younger kids coming up behind you?

Don't do drugs or drink. Instead make your education come before anything and work on getting your diploma.

Good oral health

continued from pg. 7

for diabetics.

"Because diabetes lowers a patient's resistance to infection, periodontal disease is harder to treat in diabetics," Becker says. "Uncontrolled blood glucose is very worrisome."

Cota says that chronic inflammation, such as uncontrolled gum diseases coupled with diabetes, also contributes to a host of other diseases linked to diabetes such as:

Thrush

Canker sores

Life-threatening conditions like coronary heart disease and kidney disease

Becker notes that periodontal disease, which starts as gingivitis or inflamed, bleeding gums, is caused by bacterial growth in the mouth. "We all have these bacteria in our mouth," she says. "Controlling the bacteria levels in your mouth will control gum disease. There is a balance between healthy teeth and a healthy body."

Home care is the basis of good oral care for all. Becker says, "Patients have to be the ones to care for their teeth."

She recommends that people brush their teeth at least twice a day and floss daily, and visit a dentist for twice-yearly cleanings and exams.

Cota adds, "Simple treatments like cleanings don't cost nearly as much as treating advanced oral diseases. It's like paying $100 for a filling or $1,000 for a root canal from not getting the filling."

People with periodontal disease, which like diabetes is a chronic, incurable condition, will need to have deeper cleanings three to four times a year. Antibiotics can also be prescribed in some cases, Becker says.

Also, Becker stresses, "Don't smoke – smoking causing basal constriction of blood vessels, and smokers are 20 times more prone to get periodontal disease."

Just as diabetics are urged to keep their blood sugar under control, Becker says that keeping oral bacteria in check prevents a host of health threats. "It's all about control," she says.

Indeed, maintaining good oral health contributes to good overall health; the ADA notes that a 1 percent change in A1C levels contributes to an average 35mg/dl drop in blood glucose.

Dentists now routinely take medical histories of new and regular patients, and regularly check for signs that may indicate undiagnosed diabetes or other diseases.

When dentists & physicians collaborate – you benefit

A 2014 American Dental Association study encouraged dentists and other medical providers to collaborate as part of a chronic care model. A collaborative model might include dental office screenings for diabetes and pre-diabetes, which in the study were found to provide important health benefits.

When Cota sees signs of diabetes, he refers his patients to a Sun Health Center physician; Becker refers to a Native Health provider. They will also refer a patient with other warning signs such as changes in the tongue to a physician for evaluation.

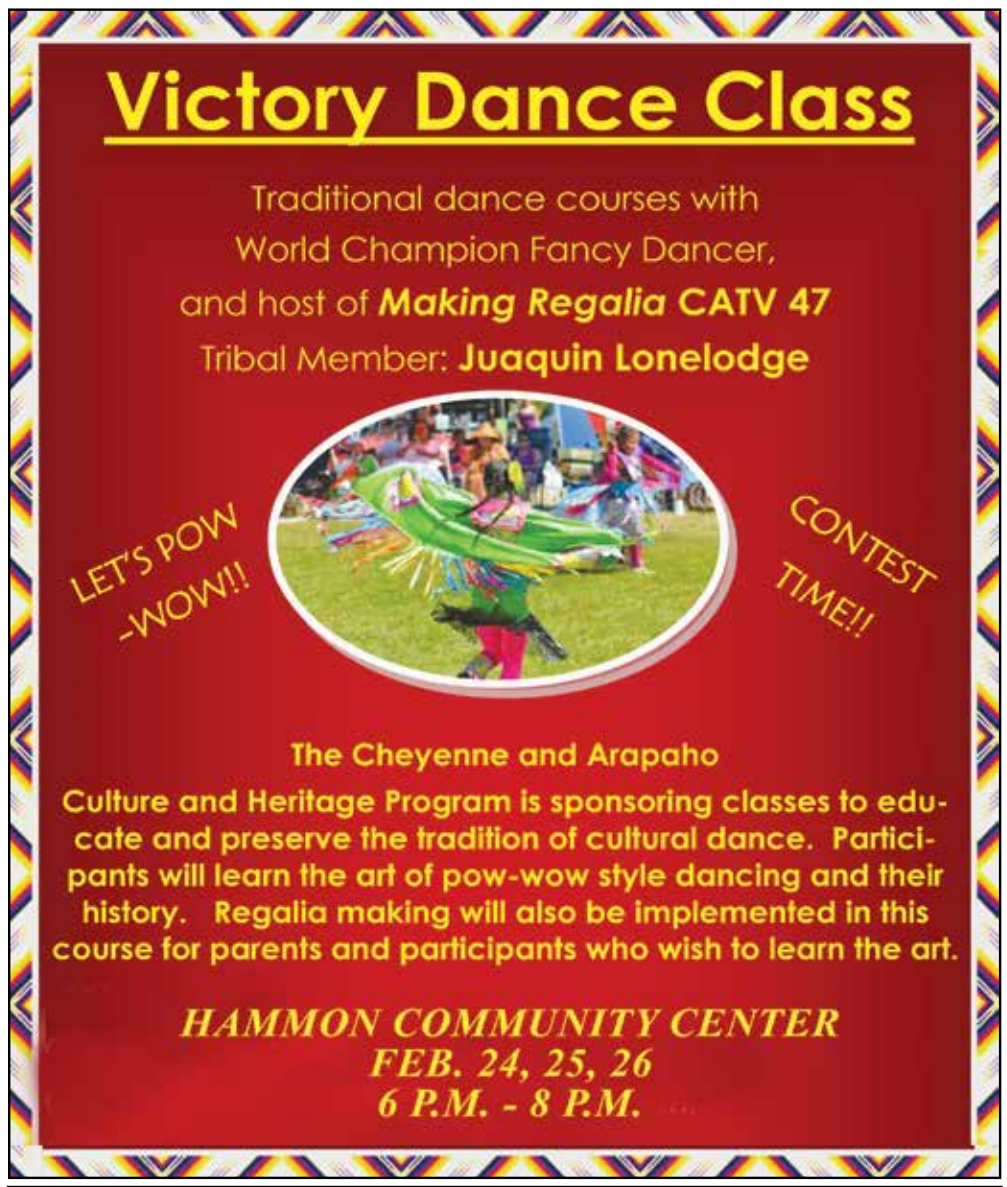
However, patients should also notify their dentists of any health concerns, says Cota. "Even if diabetes is in a patient's medical records, they should still tell their dentist before having work done," he says. "We can be ready to properly treat our diabetic patients if we know."

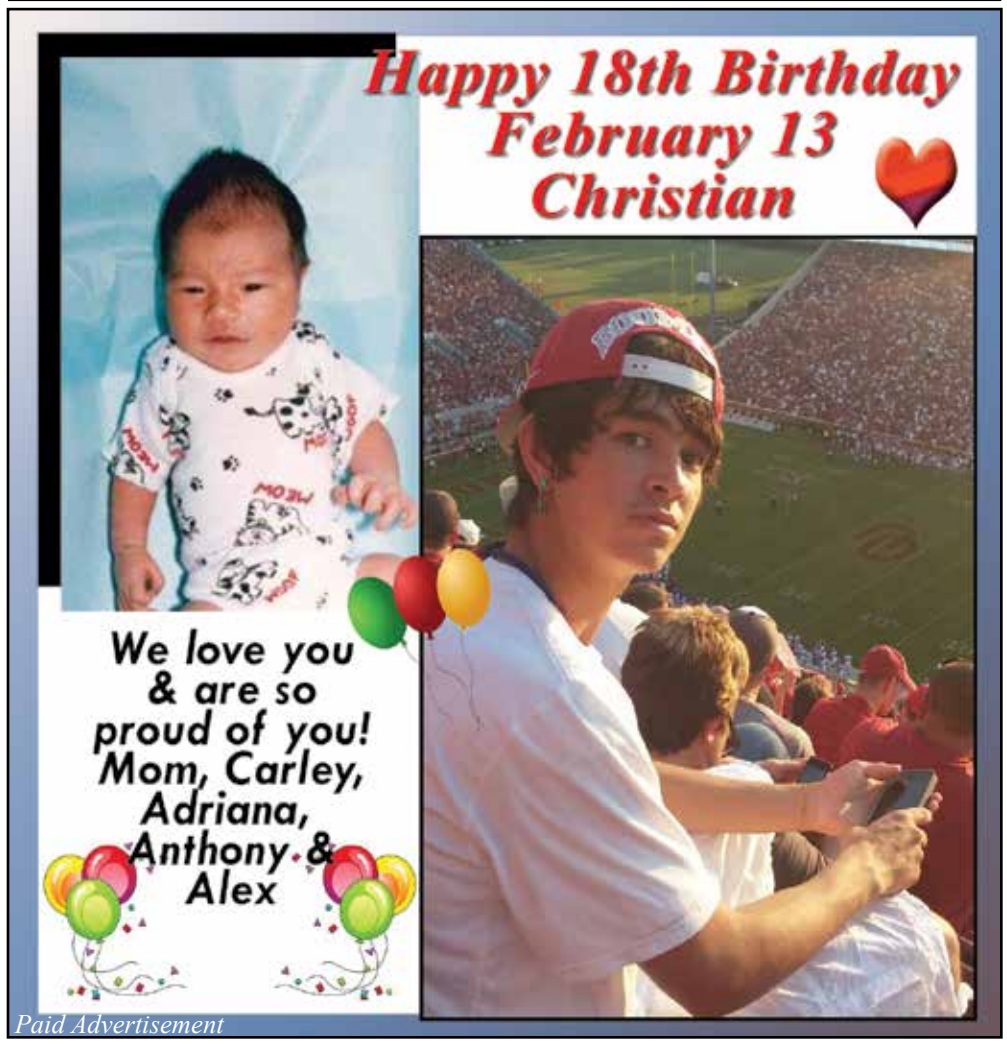
Rhodes, who has private insurance but was treated at an innovative diabetic management program for Native people while in Alaska, says that after her dentist educated her about how maintaining her dental health enhances her diabetic management, she "got on the program."

She purchased an electronic vibrating toothbrush and WaterPik water flosser, and added oral care to her health regimen, which includes diet, exercise and checking her blood sugar four times a day.

She sees her dentist regularly for exams and cleanings, and while living in Alaska, her A1C level, which provides a person's average level of blood glucose, dropped from 10 percent to 7 percent.

"I could actually feel the difference" that proper dental care makes in general health, says Rhodes, who is also exploring pre-contact dental care means like willow toothpicks and sage teas.


Victory Dance Class
Traditional dance courses with
World Champion Fancy Dancer,
and host of Making Regalia CATV 47
Tribal Member: Juaquin Lonelodge
LET'S POW -WOW!!
CONTEST TIME!!
The Cheyenne and Arapaho
Culture and Heritage Program is sponsoring classes to educate and preserve the tradition of cultural dance. Participants will learn the art of pow-wow style dancing and their history. Regalia making will also be implemented in this course for parents and participants who wish to learn the art.
HAMMON COMMUNITY CENTER
FEB. 24, 25, 26
6 P.M. - 8 P.M.



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